

# GR-273238 · Chicken Marsala · 1 each · 50 servings

Meat: 2

Other Veg: 1/8

Wheat

Milk

## Section 1

Onions, raw

12 1/2 medium (2-1/2" dia)

Chicken Fillet-Style, Grilled, Frozen,

USDA

50 each

Wheat flour, white, all-purpose,

enriched, bleached

1 5/8 pt

Salt, table

4 1/8 tbsp

Spices, pepper, black

2 1/8 tbsp

Oil, extra virgin olive, salad or cooking

1 1/8 pt

Butter, without salt

1 5/8 c

Mushrooms, portabella, raw

6 1/4 lb

Parsley, fresh

3/4 c

**Prep:** Wash all produce thoroughly and set aside.

1. Cut **onion** into slices, then cut rings in half (1/2 cup).
2. Lay **chicken** flat; slice horizontally through center of chicken. If needed cut into half to have 4 cutlets.
3. Place **flour**, 1/2 tsp **salt** and **pepper** in shallow dish.
4. Dip chicken in flour to coat both sides.
5. Shake off any excess flour.

### Chicken:

1. Preheat large saute pan on medium-high heat. This should take approximately 2-3 minutes.
2. Place 2 tbsp of **oil** and 1 tbsp **butter** (or margarine) in pan to melt, then add chicken.
3. Cook chicken 2-3 minutes on each side or until well browned.
4. Browning time will be adjusted based on thickness of chicken.
5. Remove chicken from pan

### Vegetables:

1. Reduce heat to medium-low. Place remaining 1 tablespoon each oil and butter (or margarine) in same pan.
2. Stir in **mushrooms**, onions, and remaining 1/2 tsp salt.
3. Cook 6-7 minutes stirring occasionally or until mushrooms and onions have softened.
4. Chop **parsley**.

### Final Steps:

## Section 1

Broth, Chicken, Canned, Low-sodium  
1 5/8 qt

Vinegar, Balsamic  
1 5/8 c

1. Stir into pan **chicken stock** and **balsamic glaze**.

2. Return chicken to pan; simmer until sauce thickens and chicken reaches a minimum internal temperature of 165F or higher.

3. Sprinkle with parsley.

**Serve:** One (1) 3-4oz chicken breast topped with 1oz-2oz marsala sauce.

Note: Serving size of marsala sauce will depend on length of time simmering and thickness of sauce .

Note: If increasing portions, increase the oil and butter (or margarine) proportionally.

Note: To decrease fat content, may substitute butter with margarine. Recipe inspired from Apron Meals Marsala Chicken.

# Chicken Marsala

## Nutrition Facts

Servings Per Container 1

**Serving Size 1 each**

Amount Per Serving

**Calories** **305**

% Daily Value\*

**Total Fat** 19g **24%**

Saturated Fat 5g **25%**

Trans Fat 0g

**Cholesterol** 80mg **27%**

**Sodium** 820mg **36%**

**Total Carbohydrate** 13g **5%**

Dietary Fiber 2g **5%**

Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 23g **46%**

Vitamin D: 1% DV • Potassium: 6% DV

Calcium: 1% DV • Vitamin A: 3% DV

Iron: 4% DV • Vitamin C: 4% DV

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.