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Lighter Chicken Marsala

Prep time: 15 min. Cook time: 25 min.

Serving size: 1 chicken breast

Recipe yields 4-6 servings

Ingredients

24 oz. boneless, skinless chicken breasts (about 4-6)

1/4 tsp kosher salt

1/4 tsp black pepper

2 tbsp unsalted butter, divided

1 tbsp extra-virgin olive oil

8 oz. sliced portobello mushrooms

1/2 cup Marsala cooking wine

1/2 cup chicken bone broth

1/4 cup chopped fresh Italian parsley

Garlic Kale Pasta

6 oz. dry quinoa fusilli pasta

2 tbsp shredded parmesan cheese

1-1/2 tbsp unsalted butter

1 tbsp olive oil

3 cups chopped fresh kale

1/2 tsp garlic powder

Directions

1. Either slice chicken breasts lengthwise so they're half as thick, or wrap each chicken breast with cling wrap and use a meat mallet to pound them until they're 1/2-inch thick. Season both sides with salt and pepper.
2. Heat one tablespoon each of butter and olive oil in a nonstick skillet over medium-high heat.
3. Cook chicken breasts in skillet 4-5 minutes per side until browned and cooked through. Set aside.
4. Add one tablespoon of sliced mushrooms to same skillet and sauté until golden brown.

5. Add back chicken breasts, plus cooking wine, chicken broth, and one tablespoon of butter, cooking 1 minute until slightly reduced (you may add 1 tbsp cornstarch to thicken, if desired).
6. Cook fusilli according to package directions, drain, and rinse with hot water.
7. Sauté kale with olive oil and garlic powder until wilted.
8. Toss cooked pasta with sautéed kale, 1-1/2 tbsp butter, and shredded parmesan cheese.
9. Serve chicken and mushroom sauce over pasta. Enjoy!