



Chicken Marsala

Serves 4-6

Ingredients

- ½ cup all purpose flour
- 1 tsp. salt
- ½ tsp. fresh ground pepper
- 1 tsp. dried basil or dried tarragon
- 1 ½ lbs chicken “tenders” or chicken breasts, cut in large bite sized pieces
- ¼ cup olive oil
- 3 large cloves garlic, minced
- 2 Tbsp butter or peanut oil
- ½ pound crimini mushrooms, stems trimmed, thickly sliced and mushroom caps cut into six pie-shaped wedges.
- 1 cup or more sweet marsala wine

Instructions

Oil a 9 x 12 or oval baking dish and set aside.

Combine flour salt and basil in heavy zip lock bag, add chicken pieces and shake to coat. Reserve the leftover flour mix for later.

Warm two tablespoons of olive oil on medium high heat and brown breast pieces with garlic about five minutes. Remove everything from the sauté pan to the oiled casserole dish. wipe out the saute pan.

Heat two tablespoons of butter in the cleaned pan with two tablespoons of flour mixture, and add mushrooms to sauté mushrooms for two to three minutes. Add marsala wine and stir to make a thick gravy. Add more marsala wine or chicken broth as needed if it looks too thick - I usually need at least a half a cup more.

Pour this mushroom sauce all over the cooked chicken in the casserole before finishing everything in the oven.

Bake covered at 350 for twenty minutes. This happens to be great over brown rice pilaf or cooked whole grain bow tie noodles - both nice vehicles for the gravy. Be sure to put something

colorful on the plate - cooked carrots and sautéed green beans are perfect. I always garnish this chicken dish with slices of orange to compliment the marsala flavor.

Note: You can make everything up to the baking in the oven in the morning, then refrigerate it for later. About an hour before finishing the dish, bring the cooked chicken to room temperature and continue with baking the chicken. This makes Chicken Marsala a nice "company" make-ahead dish!