



Total Time
45 MIN.

Serving & Size
1 CHICKEN BREAST WITH SAUCE

Difficulty
MEDIUM

Yields
20


Chicken breasts are dredged in flour and sautéed with onion, mushrooms, garlic, marsala wine and Swanson® Unsalted Chicken Broth to make this favorite Italian dish that is full of flavor, not salt.

Nutrition Facts	
Serving Size	1 CHICKEN BREAST WITH SAUCE
Amount Per Serving	
Calories 479	
	% Daily Value
Total Fat 19.4g	30%
Saturated Fat 7.9g	40%
Cholesterol 131mg	44%
Sodium 182mg	8%
Total Carbohydrate 25.6g	9%
Dietary Fiber 1.5g	6%
Protein 43.1g	86%
Vitamin A 9%	Vitamin C 4%
Calcium 3%	Iron 13%

INGREDIENTS

WEIGHT

MEASURE

all-purpose flour	13 oz.	3 cups
black pepper, ground	1 oz.	2 tbsp.
boneless, skinless chicken breast, cooked yield from 1 pound raw		8
olive oil	4 oz.	1/2 cups
butter	1 lb.	1 cups
onion, 1/2 inch diced	1 lb.	2 3/4 cups
mushrooms, sliced	2 lb.	13 cups
garlic, peeled, minced	1 oz.	4 tbsp.
dry Marsala wine	20 oz.	2 1/2 cups
 Swanson® Unsalted Chicken Broth , 32 ounces each		1 1/2 containers
cornstarch	5 oz.	1 cups
water	8 oz.	1 cups



INSTRUCTIONS

1. In a large mixing bowl, combine flour and black pepper. Mix well.
 2. Cover the chicken pieces in the flour mixture, and let sit.
 3. In a hot sauté pan, heat vegetable oil and butter until foaming.
 4. Add in the chicken and sauté on both sides. Remove from pan when cooked.
 5. Add to the pan onions, mushrooms and garlic, and sauté for 3 minutes.
 6. Add wine and stock. Simmer for 5 minutes.
 7. Mix cornstarch and water in a measuring cup.
 8. Add the cornstarch mixture into the sauce and cook for 5 minutes.
 9. Add the chicken back in and heat and serve.
- CCP: Heat until internal temperature is 165°F. or higher for 15 seconds.
CCP: Hold at 140°F. or higher.
10. To serve-plate one chicken breast with sauce.