



## CHICKEN MARSALA

### Ingredients:

- ☞ 4—Boneless, skinless chicken breasts
- ☞ 1—Tablespoons of **CANATELLA'S Gourmet Sicilian Seasonings**
- ☞ 1/2—Tablespoons of **CANATELLA'S Gourmet Mediterranean Seasonings**
- ☞ 4—Tablespoons of Olive Oil
- ☞ 6—ounces of Sliced mushrooms (Fresh)
- ☞ 2—Cloves of Garlic, Minced
- ☞ 1/2—Cup Marsala Wine(Can use Port wine in a pinch)
- ☞ 1/2—Cup Chicken Broth
- ☞ 1—Tablespoon of Cornstarch
- ☞ 1—Can of low sodium sliced carrots (optional)

### Directions:

Rub **CANATELLA'S Gourmet Sicilian Blend™ and Mediterranean Blend™ Seasonings** on chicken breast. Over a medium-high heat in a large pan or iron skillet heat 2 tablespoons of Olive Oil. Cook chicken until completely cooked and golden brown about 5 minutes per side. Transfer the chicken to a serving platter and keep warm.

In the same iron skillet heat the remaining Olive Oil over a medium heat. Add mushrooms and garlic; cook until mushrooms are tender, approximately 3 to 4 minutes. Add wine, chicken broth, and remaining **CANATELLA'S Gourmet Sicilian™ and Mediterranean Blend™ Seasonings**. Cook 3 minutes scraping up browned bits from bottom of pan. In a separate bowl combine cornstarch and 1 Tablespoon of water mixing ingredients well. Stir in cornstarch mixture and peas. Cook until thickened, about 1 to 3 minutes stirring constantly.

### Notes:

Makes 2 servings without pasta or rice.

Serve over angel hair pasta with chicken or rice for a special treat.

This meal can be eaten by itself so to be very low in carbohydrates and fat.

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Serving Size about 2 cups Servings per meal about 2 without rice or pasta

Calories **206**

Total Fat (g) **3.5**

Saturated Fat (g) **0.5**

Cholesterol (mg) **59.5**

Sodium (mg) **468**

Carbohydrate (g) **7**

Fiber (g) **4**

Sugars (g) **2.5**

Protein (g) **23.5**