

Ageless Woman Living

Coaching women toward greater balance of body, soul & spirit

Quick & Gluten Free Chicken Marsala

Ingredients:

4 Chicken breast cutlets (or pound full boneless chicken breasts to 1/4 inch thickness)

1 Cup Mushrooms

1 Cup Onion - sliced

3/4 to 1 1/4 Cups Marsala wine

1/2 Cup Arrowroot

1/2 Cup Tapioca flour

Coconut oil (or Avocado oil) to sauté chicken, mushrooms, & onions

Garlic salt to taste

Sea salt and pepper to taste

Herbs de Provence to taste

Directions:

Sauté onions and mushrooms in a pan using 2-3 tablespoons of coconut (or avocado) oil. Onions should be cooked until caramelized.

Lightly shake salt, pepper & garlic powder directly onto chicken.

In a large zip lock baggie, mix flours, garlic salt, sea salt, pepper, and herbs de provence.

Toss chicken into baggie - close - and shake well.

In a separate pan, sauté the floured chicken in 2-3 tablespoons of oil until it is golden brown on both sides - approximately 15 minutes

Slowly pour in about 1/2 of the Marsala wine and turn down to a simmer. Note that the alcohol will burn off. Additionally, you can be liberal with the wine if you want more "gravy".

Add the onions and mushrooms to the chicken and cover to simmer for about 10 minutes.

Add salt and more garlic powder to taste as you simmer down to a slightly thickened sauce.

Serve beside or over your choice of veggies - we like zucchini. Mashed new or sweet potatoes are also nice if you want a bit more carbohydrate with the meal.

Serves 4:

Approx. 368 Calories, 18g Carb, 18g Fat, 22g Protein