

# U The Lexingtonienne U

## CHICKEN MARSALA

- canola oil
- 1 package thin-sliced chicken breasts\*
- 1 C all-purpose flour
- 1 t salt
- 1/2 t ground black pepper
- 1 onion, sliced
- 3 C (give or take) sliced mushrooms\*\*
- 1 1/2 C Marsala wine

*\*If you cannot find thin-sliced chicken breasts, buy regular ones and pound them out to about 1/3 inch thickness.*

*\*\*I found already washed and sliced mushrooms at the grocery store. Yes please. I used two 10-oz bags. You can also buy a couple of packages of whole mushrooms, wipe the dirt off with a damp paper towel, and slice.*

In a shallow dish, combine flour, salt & pepper, mixing thoroughly. In a large skillet over high heat, heat enough canola oil to come up about halfway on your chicken breasts. Lightly dredge chicken breasts in the flour mixture, then add to the hot pan. The chicken should sizzle when you lower it into the oil. Do not overcrowd the pan -- you may need to work in batches. Cook about 3-4 minutes per side or until golden brown. Turn off heat and remove chicken breasts to a baking sheet that has been lined with aluminum foil and then paper towels. Keep chicken breasts warm in the oven on the lowest possible heat.

Meanwhile, **carefully** pour out your hot oil from the pan, discard, and lightly wipe (but don't wash) the pan clean. Return the pan to the stove over medium-high heat, add just enough canola or olive oil to lightly coat, and add sliced onions. Cook until the onions brown and soften, then add mushrooms. Mushrooms are like little sponges, so you may need to add more oil in the pan. Cook until golden brown, then turn heat to high and add Marsala wine. Allow to boil for several minutes. Your Marsala will reduce and thicken.

Transfer chicken breasts to a serving dish. When onion mixture appears thickened and the alcohol seems to have cooked out, pour over chicken breasts. Serve with garlic mashed potatoes or pasta.

