

SPOTLIGHT RECIPE

CHICKEN MARSALA

- Heat two 12-inch nonstick skillets over medium-low heat. While the pans are heating, season the chicken with salt. Put 1/2 cup flour in a shallow dish and the egg substitute in a separate shallow dish. Dredge the chicken in the flour, and then in the egg substitute to coat completely. When the pans are hot, spray both generously with the olive-oil spray.
- Add 2 cutlets to each pan. Cook until golden brown on each side, about 4 minutes total. Transfer the cutlets to a serving platter and cover lightly with foil to keep warm.
- Wipe the pans with paper towels. Raise the heat to high and return the pans to the stove. Spray both pans with the olive-oil spray. When the pans are hot, add 1 package of mushrooms to each pan. Cook without stirring for 3 minutes.
- Combine the mushrooms in 1 pan, add the garlic and season with salt to taste. Reduce the heat to medium and cook for another minute, or until the garlic is fragrant. Stir the remaining 1 1/2 tablespoons of flour into the mushrooms. Stir in the wine and chicken broth, and bring to a simmer. Cook until it has the consistency of gravy, about 3 minutes.
- Remove the pan from the heat. Stir in the yogurt and season with salt and pepper to taste. Spoon the mushroom mixture over the chicken.

Ingredients

Servings: 4

- 4 chicken cutlets (4 ounces each), pounded thin
- Salt
- 1/2 cup plus 1 1/2 tablespoons whole-wheat flour
- 1/2 cup egg substitute
- Nonstick olive-oil cooking spray
- 2 packages (8 ounces each) sliced button mushrooms
- 4 garlic cloves, minced
- 1/2 cup dry Marsala wine
- 1 cup low-fat, low-sodium chicken broth
- 1/3 cup Greek yogurt
- Freshly ground black pepper