


BRC Healthy Meal of the Week

Chicken and Mushroom Salad with Farfalle Pasta and Sherry Vinaigrette Side Salad

Ingredients (4 Servings)

1 1/2 tablespoons olive oil
4 boneless, skinless [chicken breasts](#), 4 to 6 oz.
each
salt to taste
freshly ground black pepper
1/4 cup flour for dredging
8 ounces mushrooms, sliced
1/3 cup Marsala wine
2/3 cup low-sodium chicken broth
2 tablespoons chopped parsley
1 Box Whole-Grain Farfalle Pasta
1/2 Cup Balsamic Vinegar

Cooking Instructions—Total Cooking Time

1. Heat the olive oil in a large, non-stick skillet. While the oil is heating, season the chicken with [salt and pepper](#) and dredge it in flour.
2. Sauté the chicken over medium-high heat until golden brown, about 2 minutes on each side. Remove the chicken to a platter and keep warm.
3. Add the mushrooms, season with salt and pepper and cook, stirring occasionally, until tender. Add the [wine](#) , stir with a wooden spoon to release any caramelized bits that may be stuck to the pan and cook until the wine is almost completely evaporated.
4. Add the chicken broth , chicken and any juices that have accumulated on the platter. Simmer until the chicken is cooked through, about 10 minutes.
5. Begin cooking farfalle pasta
6. Remove the chicken to a clean serving platter and keep warm. Simmer the broth mixture until it has reduced by half, about 5 minutes. Spoon the sauce over the chicken, sprinkle with parsley and serve.

Nutrition Facts

Serving Size is one chicken breast, one cup pasta, and small bowl of salad

- Calories 443
- Carbohydrate 34 g
- Fat 7 g
- Fiber 1 g
- Protein 35 g
- Saturated Fat 1 g
- Sodium 312 mg

