



Skinny Chicken Marsala His + Hers

Ingredients

- 1 lb Chicken breasts sliced thin
- 5 Tbsp Olive oil
- 1 Package sliced button mushrooms
- 1/4 C Chopped Prosciutto (optional)
- 1C Marsala Wine
- 1 Capsule Chicken Stock (condensed) or 1C Chicken Broth (Low sodium)
- 1 Tbsp butter
- 1-2 Zucchini

Directions:

1. Cut chicken breasts in half (long ways) to create thinner breasts. Take 2Tbsp of olive oil and heat in your pan 15 seconds on medium, add chicken, let cook roughly 5 minutes each side until golden brown. Set aside (I usually set in the microwave to stay warm).
2. While my chicken is cooking, I spiral my zucchini into noodles.
3. Once the chicken has been removed from the pan add your prosciutto and cook until golden, roughly 3 minutes. You want to keep all the brown bits in the pan, this adds flavor!
4. Add your additional olive oil and throw in the mushrooms, cook down until mushrooms are brown.
5. Add in chicken broth (or condensed stock), marsala wine, and butter. Turn up your heat to high and bring to a boil. Once your sauce boils, turn back down to a simmer.

*This is where we get to the His + Hers part. For the full version, add the chicken breasts back to the sauce to heat up and absorb the flavors. Turn the breasts every couple of minutes. For the "fit" version, leave the breasts in the microwave and do not add to the sauce.

6. Sautee your zucchini noodles for roughly 3-5 minutes to soften.

****Hers:** Set your chicken breast on top of your zucchini noodles, scoop some of the mushrooms out of the sauce pan and place on top of your chicken (no sauce). Add a veggie and side salad.

****His:** Set your chicken breast on top of your zucchini noodles and top with chicken and sauce. Add a veggie and side salad.

Voila! Enjoy!