

# Chicken Marsala



**PREP TIME:**  
15 MINUTES

**COOK TIME:**  
20 MINUTES

**TOTAL TIME:**  
35 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

## Ingredients:

- 1 lb. Organic Chicken Breast – Thin Cutlets are ideal
- 3 TBSP Olive Oil
- 1 TBSP Vegan Butter
- ½ TSP Himalayan Sea Salt
- ¼ Cup Arrowroot Starch (*or Brown Rice Flour*)
- 3-4 Cloves Garlic – Minced
- 10-12 oz. Package Organic Baby Portabella Mushrooms – Sliced thin
- 1 Cup Organic Chicken Broth
- 2 TBSP Sherry Vinegar (*can substitute balsamic vinegar – a bit more tangy*)
- 1 TBSP Fresh Chopped Parsley or 2 TSP Dried

## Instructions:

1. In large/deep frying pan – heat the olive oil on medium heat.
2. Season both sides of chicken with salt and dredge all sides in Arrowroot Starch.
3. Drop chicken in hot oil and cook 4-5 minutes each side – let get golden crust on each side. Internal temp should reach 165 degrees. Place chicken on plate and let rest.
4. In the same pan, add garlic – cook 1-2 minutes. Add Vegan Butter and then add mushrooms. Cook about 5 minutes and softened.
5. Add chicken broth & sherry – allow to simmer on low.
6. Add chicken back to pan and let simmer on low for 6-8 minutes allowing sauce to thicken.
7. Top with parsley. Season with additional salt if needed. Let sit 5 minutes before serving

**\*Try and use all organic ingredients if possible.**