



*Chef K*  
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## **CHEF K'S ITALIAN CHICKEN - SERVES 6**

### **INGREDIENTS**

6 THIN CHICKEN BREAST CUTLETS  
FLOUR FOR COATING CHICKEN BREASTS  
1 TABLESPOON OLIVE OIL  
3 GARLIC CLOVES, FINELY CHOPPED  
1 TSP GARLIC SALT  
1 CUP DRY MARSALA WINE  
6 BABY BELLA MUSHROOMS, CLEANED, STEMMED AND THINLY SLICED  
3 TABLESPOONS CAPERS + 1 TABLESPOON CAPER LIQUID  
1½ CUP CHICKEN BROTH  
¼ CUP FAT FREE NON DAIRY CREAMER  
2 TABLESPOONS UNSALTED BUTTER  
1 TABLESPOON FLOUR  
6 LEMON WEDGES

### **DIRECTIONS:**

COAT EACH CHICKEN BREAST LIGHTLY WITH FLOUR, SET ASIDE. HEAT LARGE SKILLET TO MEDIUM HIGH. ADD 1 TABLESPOON OLIVE OIL AND CHOPPED GARLIC, SAUTÉ FOR APPROXIMATELY 1 MINUTE. PLACE CHICKEN BREASTS INTO SKILLET. COOK APPROXIMATELY 2 MINUTES ON EACH SIDE. LIGHTLY SALT ONE SIDE WITH GARLIC SALT WHILE COOKING. REMOVE CHICKEN FROM SKILLET AND SET ASIDE.

DECREASE SKILLET HEAT TO MEDIUM, ADD MARSALA TO SKILLET AND COOK TO REDUCE TO HALF. ADD MUSHROOMS, CAPERS, AND CAPER LIQUID. WHISK IN CHICKEN BROTH, NON DAIRY CREAMER, BUTTER AND 1 TABLESPOON FLOUR, CONTINUING TO WHISK AND COOK 2 MINUTES MORE. RETURN CHICKEN TO SKILLET, REDUCE HEAT TO LOW, COVER AND SIMMER CHICKEN FOR 10-15 MINUTES OR WHEN INTERNAL TEMPERATURE OF CHICKEN REACHES 180 DEGREES. REMOVE FROM HEAT AND SERVE WITH LEMON WEDGES OVER YOUR FAVORITE PASTA (COOKED TO PACKAGE DIRECTIONS).