

Winner, Winner Chicken Dinner

Perk up your poultry with four great slow cooker recipes.

Chicken in Marsala Sauce

MAKES 4 servings

PREP 15 minutes

SLOW COOK on LOW for 4 hours

COOK 1 minute

- 1 tbsp olive oil
- 2 tbsp chopped shallot
- 2 cloves garlic, chopped
- 2 tbsp all-purpose flour
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 1 $\frac{3}{4}$ lbs boneless, skinless chicken breasts
- 8 oz baby bella mushrooms, sliced
- $\frac{3}{4}$ cup Marsala
- 2 tsp cornstarch
- 2 tbsp chopped parsley
- Mashed potatoes (optional)
- Steamed yellow beans (optional)

■ Coat slow cooker bowl with **nonstick cooking spray**.

■ Combine olive oil, shallot and garlic in bottom of slow cooker. Combine flour, salt and black pepper; coat chicken with mixture and add to slow cooker. Scatter mushrooms over chicken and add Marsala.

■ Cover and cook on LOW for 4 hours. Drain liquid into a small saucepan and bring to a simmer. Combine cornstarch with **2 tsp water** and stir into saucepan; simmer for 1 minute and add back into slow cooker. Stir in parsley.

■ Serve chicken with sauce and, if desired, mashed potatoes and yellow beans.

PER SERVING 352 CAL; 8 g FAT (2 g SAT); 43 g PRO; 14 g CARB; 1 g FIBER; 394 mg SODIUM; 110 mg CHOL