**Chicken Marsala**

1 pound chicken breast, boneless and skinless
4 tsp olive oil
3 cups mushrooms, sliced
¼ tsp salt
¼ tsp pepper
¾ cup dry Marsala wine
½ cup green onions, sliced
½ tsp dried sage, crushed
1 Tbsp water
1 tsp cornstarch

Tenderize breast halves by placing each between two sheets of plastic wrap then pound lightly using the flat side of a meat mallet until about 1/8" in thickness.

Heat 2 teaspoons of the vegetable oil in a large skillet over medium-high heat and cook mushrooms for 4 minutes or until tender. Remove from heat and set aside.

Sprinkle the salt and pepper over the chicken. Using the same skillet, heat the remaining 2 teaspoons of oil over medium-high heat then add chicken and cook for about 2-3 minutes, turning once, until no longer pink inside (cook longer if necessary to ensure doneness.) Remove cooked chicken and set aside.

In the same skillet, stir in the Marsala wine with the leftover pan drippings, scraping up any browned bits, then bring to a boil, then reduce heat to medium. Stir in cooked mushrooms, green onions and sage.

In a small bowl, combine water and cornstarch and mix thoroughly with a fork, then add to the Marsala sauce. Cook and stir for about 1 minute until slightly thickened. Serve chicken topped with Marsala sauce and mushrooms. Makes 4 servings.

Nutrition information per serving:  215 calories, 28 grams protein, 6 grams fat, 4 grams carbohydrate, 227 mg sodium.