

Chicken Marsala

This is a take on classic chicken marsala but made with chicken thighs for more flavor, and with almond flour to keep this gluten-free and have a lower glycemic index than the traditional dish made with wheat flour.

Prep Time: 10 minutes

Cooking Time: 20 minutes

Serves: 2

Ingredients:

- ½ cup almond flour/meal
- 1 teaspoon ground paprika
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 pound boneless organic, cage-free chicken thighs
- 1 tablespoon avocado oil
- 2 tablespoons organic ghee (clarified butter)
- 3 cups mushrooms (shiitake, if available), halved and sliced
- 2/3 cup marsala wine
- ¼ cup organic, low- sodium chicken stock
- 2 medium garlic cloves, crushed and minced
- ¼ cup fresh herbs for a garnish (parsley and chives), finely chopped

Directions:

In a shallow bowl or plate, combine the almond flour, paprika, salt, black pepper, cayenne, thyme, and oregano. Roll the chicken in the flour-seasoning mixture, shaking to remove any excess flour. Set aside the remaining flour mixture.

(Marsala cont.)

Heat a large skillet to medium-high heat. Add the oil and 1 tablespoon of the ghee, then cook the chicken until golden brown on both sides, about 3 minutes per side. Transfer the partially cooked chicken to a plate.

Add the remaining 1 tablespoon ghee to the skillet, then add the mushrooms, stirring frequently until the mushrooms have released their liquid and are lightly browned. Add 1 to 2 tablespoons of the seasoned flour and stir for 1 to 2 minutes.

Add the marsala, bring to a gentle boil, and stir to thicken. When the wine is reduced by half, after about 3 minutes, add the chicken stock and cook for another 3 to 4 minutes, until the sauce thickens.

Lower the heat to medium and add the partially cooked chicken and the garlic to the skillet. Cook until the chicken is done and the internal temperature reaches 165°F, 5 to 6 minutes.

Garnish with fresh herbs before serving.

Enjoy,

Steven Masley, MD