



Chicken Marsala

INGREDIENTS

1 lb boneless skinless chicken breasts	3 cloves garlic minced
10 oz sliced mushrooms	1 cup Marsala Wine
½ cup Chicken broth	1 TBS balsamic vinegar
2 TBS arrowroot powder + 2 TBS water	
2 tbsp unsweetened coconut milk (from carton, not can)	
Salt and pepper to taste	3 tbsp chopped fresh parsley

DIRECTIONS

Begin by placing your chicken breasts at the bottom of your slow cooker. Top with mushrooms and garlic. In a separate bowl, mix together wine, broth, and vinegar. Top the chicken with wine mixture. Set your slow cooker to low and cook for 4 - 5 hours. Mix together arrowroot starch and water in a small bowl. Add to chicken wine mixture and simmer another 15-30 minutes, or until liquid thickens. Add coconut milk and salt and pepper. Top with parsley and serve. Makes about 4 servings; 350 calories each.