

Foodnity Recipes

Chicken Marsala with Spinach and Mozzarella

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Protein

- [ ] 4 boneless, skinless chicken breasts (6 oz each)
- [ ] 1/2 cup all-purpose flour
- [ ] Salt and freshly ground black pepper, to taste

Sauté and Sauce

- [ ] 4 tbsp extra-virgin olive oil
- [ ] 4 tbsp unsalted butter, cut into pieces
- [ ] 8 oz Cremini mushrooms, sliced
- [ ] 3/4 cup Marsala wine (dry or sweet)
- [ ] 1 cup low-sodium chicken broth
- [ ] 2 tbsp fresh lemon juice

Greens and Toppings

- [ ] 4 cups baby spinach, washed
- [ ] 8 oz shredded mozzarella cheese
- [ ] 2 tbsp grated Parmesan cheese
- [ ] Fresh parsley, chopped, for garnish

Instructions

1. First, go ahead and season both sides of each chicken breast with salt and pepper. I like to lightly dredge them in the flour, but just be sure to shake off any excess—we want a thin coating, not a crust.
2. Heat 2 tablespoons olive oil and 2 tablespoons butter in your large skillet over medium-high heat. Once that butter gets all foamy and wonderful, add two chicken breasts. Cook them for about 4-5 minutes on each side until they're golden brown and cooked through—you're looking for an internal temp of 165°F. Remove them and set them aside on a plate, tented with foil to keep them cozy.
3. Now, add the remaining oil and butter to that same skillet. Toss in the sliced mushrooms and sauté them until they release their juices and turn a lovely golden color, which usually takes about 4 minutes. I usually use a wooden spoon to keep things stirring.
4. Pour in the Marsala wine. This is the best part—scrape up all those browned bits from the bottom of the pan; that's where the flavor lives. Let the liquid reduce by half, which should take about 2-3 minutes.
5. Stir in the chicken broth and lemon juice. Bring it to a gentle simmer and let it cook for about 4 minutes until it thickens up just a bit.
6. Add the baby spinach and stir constantly. It only takes about 2 minutes for it to wilt completely into the sauce.

7 Bring the chicken breasts back into the skillet and spoon that rich sauce right over the top. Sprinkle the mozzarella and Parmesan evenly over each piece. Now, cover the skillet with a lid and drop the heat to low. Cook for 3-4 minutes, or until the cheese is all melted and bubbly. Wow, it smells amazing at this point.

8 Carefully slide the chicken onto a serving platter. Garnish with some freshly chopped parsley and maybe an extra sprinkle of Parmesan if you're feeling fancy. Serve it immediately while it's hot.

Nutrition per serving

485 kcal	42 g	18 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- The Marsala wine adds a deep, savory sweetness that balances perfectly with the lemon juice.
- Using a lid in the final step is essential for getting that mozzarella perfectly melted.
- If you don't have Cremini mushrooms, white button mushrooms work just fine too.