



Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

Chicken Marsala with Creamy Mashed Potatoes and Roasted Brussels Sprouts

Ingredients

Chicken Marsala

Mary's Chickens, Marsala Wine, Columbia Shitake Mushrooms, Butter, Thyme, Shallot, Garlic, Corn Starch

Mashed Potatoes

Sweet Potatoes, Yukon Golds, Russet Potatoes, Butter, Salt, Pepper

Roasted Brussels Sprouts

Brussels Sprouts, Chard, Olive Oil, Salt, Pepper

Directions

Preheat oven to 350 and take out a baking sheet.

Remove chicken from package and place on the baking sheet, spread Brussels sprouts around the chicken. Place on the middle rack for 15 minutes to warm.

Pour Marsala sauce into a pan and reheat over medium flame until it begins to bubble.

Portion mashed potatoes into a pot and reheat over a low flame stirring continuously to avoid burning the bottom.

Heap mashed potatoes onto plates, top with a piece of chicken and sauce with a side of sprouts. Serve and enjoy.

CAL 663
FAT 30g | CHO 67g | PRO 30g