

Cheesecake Factory® – Style Chicken Madeira

From the cookbook, *Eat More of What You Love*

Internet Address:



1 pound boneless skinless chicken breast halves,
4 small chicken breasts

1/4 teaspoon salt, divided, plus 1/8 tsp

1/2 teaspoon freshly ground black pepper,
divided

1 tablespoon canola oil, divided

8 ounces mushrooms, sliced

1/2 cup red onion, finely diced

1 cup Madeira

3/4 cup low sodium beef broth, divided

2 teaspoons cornstarch

2 teaspoons honey, or brown sugar [I used half
as much agave nectar]

1 teaspoon dried Italian seasoning

1 teaspoon butter

2 slices fresh Mozzarella, or regular part-skim
Mozzie slices, cut in half

*Serving Ideas: Do serve this with some kind of
carb that will soak up the delicious sauce (rice
or potatoes) but don't over-season it as you
want to taste the sauce.*

Servings: 4

1. Cover the chicken breasts in plastic wrap and gently pound flat to 1/2 inch thickness. Season chicken with salt and pepper.
2. Heat 2 teaspoons oil in a large non-stick skillet over medium high heat. Add the chicken and cook for 4 to 5 minutes or until well browned. Turn the chicken and cook for 3 more minutes or until barely cooked through. Transfer to a plate and keep warm.
3. Reduce the heat to medium. Add the remaining teaspoon of oil and mushrooms and cook for 2 minutes. Add the onions and cook for 3 more minutes or until softened. Add the wine and 1/2 cup broth and simmer until three-quarters of the liquid evaporates.
4. In a small bowl, whisk together the cornstarch and remaining 1/4 cup broth and add to the skillet with the honey, Italian seasoning, salt and pepper. Simmer for 1 minute or until thickened. Swirl in the butter, add the chicken back to the pan, and top each breast with cheese. Turn the heat to low and cover skillet for 2 to 3 minutes to melt cheese. Place chicken on plates and top with sauce.

Per Serving (excluding unknown items): 303 Calories; 8g Fat (30.5% calories from fat); 33g Protein; 10g Carbohydrate; 1g Dietary Fiber; 76mg Cholesterol; 243mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>