Healthy Corner

Eat Well, Live Well, and Be Well

This Month: February

"Jumpstart Your Heart" Take turns jumping rope with your child.

Live Well

"Walk" Take a family walk around your neighborhood.

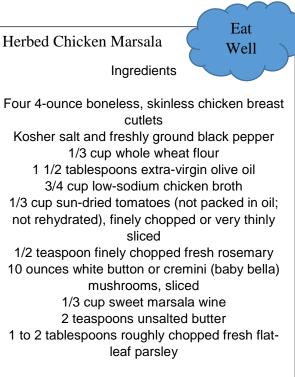
Be Well

National Heart Month

-Use spices instead of SALT -Walk more

Teen Dating Violence Awareness Month

-talk about Healthy relationships with your child



Directions

Place the chicken cutlets between 2 pieces of plastic wrap and pound with a meat mallet (or the flat side of a chef's knife) until about 1/3 inch thick. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.

Put the flour on a medium plate. Heat the oil in a large nonstick skillet over medium-high heat. Dredge the chicken in the flour to fully coat, shaking off any excess. Add the chicken to the skillet and fry until fully cooked and golden brown, about 4 minutes per side. Transfer to a platter and tent with foil to keep warm. Add 1/2 cup of the broth, the sun-dried tomatoes and rosemary to any remaining drippings in the skillet and cook, stirring frequently, for 1 minute to plump the tomatoes. Add the mushrooms, 1/4 teaspoon salt and 1/2 teaspoon pepper and cook until the mushrooms are soft, about 5 minutes. Add the marsala and bring to a boil. Add the remaining 1/4 cup broth

and the butter and simmer until the butter is fully melted, about 30 seconds. Spoon the mushroom mixture and sauce over the chicken, sprinkle with the parsley and

> serve. From Food Network Kitchens