

# Rosemary, Mushroom and Chicken Linguine

Chicken thighs are a little fattier than chicken breasts, making them a moist, flavorful change from chicken breasts. Like breasts, they are a great source of high quality protein.

## INGREDIENTS

- 1 cup unsalted chicken stock
- 2 ½ tablespoons all-purpose flour
- 4 sliced shallots
- 8 ounces sliced fresh cremini mushrooms
- 4 ounces sliced fresh shiitake mushrooms
- ⅓ cup dry Marsala wine
- 2 teaspoons chopped fresh rosemary
- 8 boneless, skinless chicken thighs
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- 8 ounces uncooked whole-wheat linguine
- 2 tablespoons fresh flat-leaf parsley leaves

## DIRECTIONS

### STEP 1

Whisk together the stock and flour in a 5 to 6 quart slow cooker. Place the shallots, mushrooms, Marsala wine and rosemary in the slow cooker. Sprinkle the chicken with salt and pepper then place in slow cooker, nestling it among the vegetables and liquid. Cover and cook on low until the chicken is tender, about 4 hours.

### STEP 2

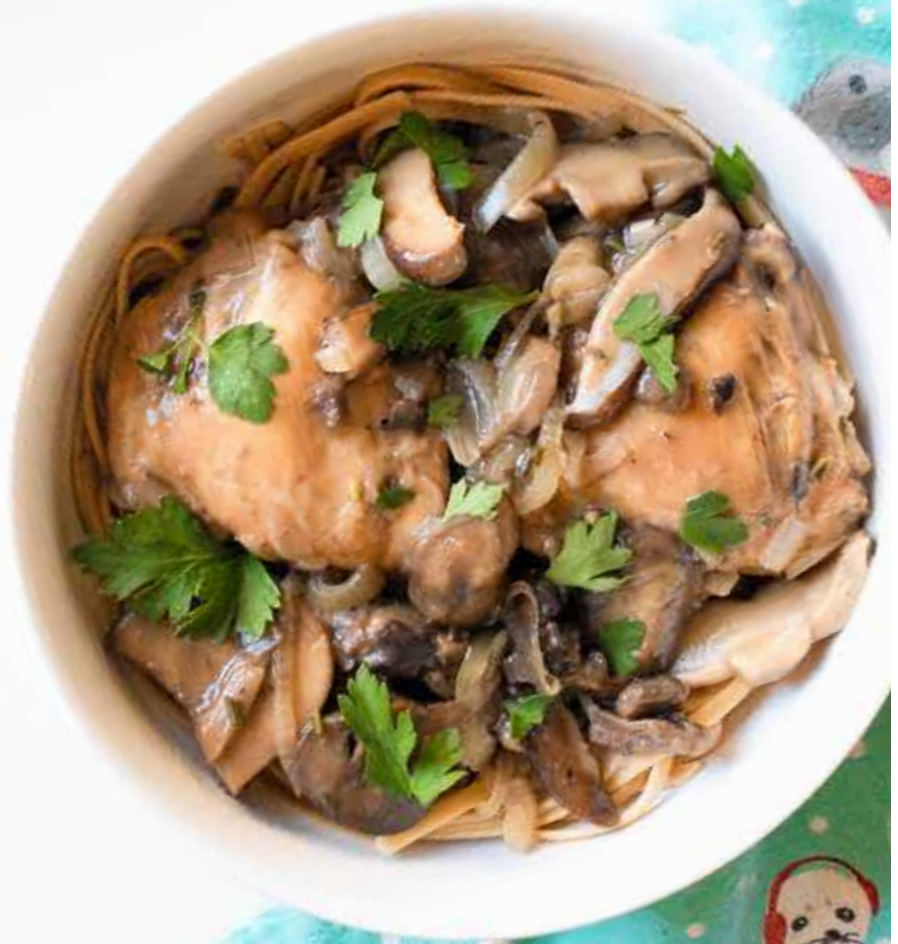
Transfer the chicken from the slow cooker to a serving platter. Transfer the cooking liquid and vegetables into a 2-quart saucepan; bring to a boil over medium-high for about 5-minutes or until sauce has thickened.

### STEP 3

Cook the linguine according to the package directions. Divide the linguine among 4 bowls; serve the chicken over the pasta. Top with the sauce and sprinkle evenly with the parsley.

## NUTRITION FACTS

Serving Size: 1/2 cup pasta, 2 chicken thighs, 1/4 cup sauce  
Per Serving: 463 calories; protein 49g; carbohydrates 53g; dietary fiber 7g; sugars 7g; fat 9g; saturated fat 3g; sodium 551mg.



**Wisconsin Athletic Club**

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