

Chicken with Sun-Dried Tomato Cream Sauce

Ingredients:

1 lb. chicken breast cut in 4-4 oz. pieces
¼ teaspoon salt, divided
¼ teaspoon ground black pepper
½ cup slivered oil-packed sun-dried tomatoes
1 tablespoon oil from jar of the tomatoes
½ cup finely chopped shallots
½ cup dry white wine or unsalted chicken broth
½ cup heavy cream
2 tablespoons chopped fresh parsley

Directions:

Sprinkle the chicken with 1/8th teaspoon each of salt and pepper. Heat sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted in the thickest part of the chicken reaches 165° F, about 6 minutes. Transfer to a plate. Add sun-dried tomatoes and shallots to the pan. Cook, stirring for 1-2 minutes. Increase heat to high and add wine or broth. Cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream and the remaining salt and pepper. Simmer for 2 minutes. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and parsley. Makes 4 servings.

Nutrition Info: (for one chicken breast with sauce)

Calories:

Fat:

Saturated Fat:

Carbohydrate:

Fiber:

Protein:

Sodium:

Exchanges: