

BRC Healthy Meal of the Week

Chicken with Sun-Dried Tomatoes and Capers and Mixed Green Salad

Ingredients (Serves 4 People)

Total Prep Time 10 minutes

4 boneless, skinless chicken breasts, about 4 to 6 ounces each
1 1/2 tablespoons olive oil
salt to taste
freshly ground black pepper
1/4 cup flour for dredging
1/2 cup low-sodium chicken broth
2 tablespoons lemon juice
1/2 cup sun-dried tomatoes, rehydrated and chopped
2 tablespoons capers
2 tablespoons chopped parsley

Cooking Instructions—Total Cooking Time 30 minutes

1. Lay the chicken between two pieces of waxed paper and flatten each cutlet with the flat end of a mallet until thin.
2. Heat the olive oil in a large, non-stick skillet until hot. While the oil is heating, season the chicken with salt and pepper and dredge it in flour.
3. Sauté the chicken over high heat, about 3 minute on each side. Remove to a warm platter and keep warm.
4. Quickly add the chicken broth to the pan and stir with a wooden spoon to release any caramelized bits that may be stuck to the pan. Add the tomatoes and cook until the broth has reduced by half. Add the lemon juice and capers. Pour the sauce over the chicken, sprinkle with parsley and serve.

NOTE: You may have to sauté the chicken in two batches. If so, use a clean pan for each batch. Make the sauce in one of the pans.

Nutrition Facts

Serving Size 1 Chicken Breast and 2 Cups of Salad

- Calories 231
- Protein 34 g
- Total Carbohydrate 7 g
- Dietary Fiber 1 g
- Soluble Fiber 0 g
- Insoluble Fiber 0 g
- Sugar 1 g
- Total Fat 7 g
- Saturated Fat 1 g
- Monounsaturated Fat 4 g
- Polyunsaturated Fat 1 g
- Trans Fatty Acid (tfa) 0 g



Recipes courtesy of www.foodfit.com