

Sun-Dried Tomato Chicken

Sodium Per Serving – 148mg

Serves 4

4 boneless, skinless chicken breasts (about 1 pound)*

2 tbsp all-purpose flour

1/2 tsp garlic powder

1/2 tsp ground black pepper

1/8 tsp cayenne pepper

1 tbsp olive oil

Sauce:

1 tbsp unsalted margarine or butter

1 onion, chopped*

2 garlic cloves, minced

1/4 cup oil-packed sun-dried tomatoes, drained and chopped*

2 tbsp chopped ripe olives (optional)*

1/2 tsp dried basil

1 cup dry white wine

2/3 cup lowfat sour cream

1. Place chicken, smooth side down, between two sheets of waxed paper or aluminum foil; pound gently with a meat mallet, rolling pin, or hammer until flattened to 1/4-inch thick.
2. Mix flour with garlic powder, black pepper, and cayenne; dredge chicken in flour mixture, shaking off any excess.
3. Heat oil in a large skillet over medium-high heat; add chicken. Cook until lightly browned on both sides, 3 to 4 minutes per side. (Chicken is done when it is no longer pink, but still moist inside.)
4. Transfer chicken to a platter and keep warm while preparing the sauce.
5. *For the sauce:* Melt margarine in the same skillet chicken was cooked; add onion and garlic. Cook, stirring frequently, until onions are translucent, 2 to 3 minutes. Decrease heat to medium; stir in tomatoes, olives, basil, wine, and sour cream. Cook, uncovered, until sauce thickens and is reduced by one-half, 3 to 5 minutes.
6. Return chicken to the skillet; simmer until chicken is heated through, 2 to 3 minutes.

NUTRITIONAL INFO PER SERVING: Calories 362, Fat 16g (Saturated Fat 5g), Cholesterol 79mg, Carbohydrates 14g (Fiber 1g, Sugar 5g), Sodium 148mg

*Recipe Notes

1. Substitute 1 pound turkey cutlets for the chicken and reduce cooking time to 2 to 3 minutes per side.
2. Instead of the onion, substitute 3 chopped shallots.
3. Generally, bottled sun-dried tomatoes have less sodium than packaged, but read labels carefully, some brands have added sodium.
4. The olives add a bit of saltiness. If omitting, decrease sodium per serving to 109mg.