



Saucy Chicken & Shrimp



1/2 of recipe: 250 calories, 3.5g total fat (0.5g sat. fat), 662mg sodium, 11.5g carbs, 3g fiber, 4.5g sugars, 39.5g protein

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Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

Two 4-oz. raw boneless skinless chicken breast cutlets
1/8 tsp. each salt and black pepper
1 cup canned crushed tomatoes
1 tbsp. chopped garlic
1/4 tsp. onion powder
1/8 tsp. red pepper flakes
3/4 cup low-sodium chicken broth
4 oz. (about 8) raw large shrimp, peeled, tails removed, deveined, chopped
2 cups roughly chopped spinach leaves
3 tbsp. chopped fresh basil
Optional seasonings: additional salt and black pepper

Directions

Bring a grill pan sprayed with nonstick spray to medium heat. Season chicken with salt and pepper, and cook for about 4 minutes per side, until cooked through.

Plate chicken, and cover to keep warm.

Bring a large skillet sprayed with nonstick spray to medium heat. Add tomatoes, garlic, onion powder, and red pepper flakes. Cook and stir until hot and fragrant, about 2 minutes.

Carefully add chicken broth to the skillet, and bring to a boil.

Reduce to a simmer. Cook and stir until reduced to a sauce-like consistency, about 5 minutes.

Add chopped shrimp to the skillet. Cook and stir for about 2 minutes, until cooked through.

Add spinach and 2 tbsp. basil. Cook and stir until wilted and well mixed, about 1 minute.

Top chicken with contents of the skillet. Sprinkle with remaining 1 tbsp. basil.

MAKES 2 SERVINGS

HG Alternative: The large skillet can be used in place of a grill pan, but the chicken tastes best grilled.

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