



"I Do" Chicken



1/4 of recipe (1 chicken cutlet with sauce): 265 calories, 5g total fat (2.5g sat. fat), 530mg sodium, 13g carbs, 2g fiber, 6.5g sugars, 39g protein

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



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Ingredients

Four 5-oz. raw boneless skinless chicken breast cutlets
1/4 tsp. salt
1/4 tsp. black pepper
1/2 cup reduced-sodium chicken broth
1/2 cup fat-free half & half
1 tbsp. cornstarch
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/2 cup bagged or rinsed sun-dried tomatoes, chopped
1/4 cup grated Parmesan cheese
2 tsp. chopped fresh thyme
Option: chopped fresh basil
Serving Suggestions: cauliflower/brown rice, zucchini noodles

Directions

Bring a skillet sprayed with nonstick spray to medium heat. Season chicken with salt and pepper. Cook chicken until cooked through, about 4 minutes per side. Transfer to a plate, and cover to keep warm.

In a medium bowl, combine broth, half & half, cornstarch, garlic powder, and onion powder. Mix until cornstarch has dissolved.

Clean skillet, if needed. Respray, and bring to medium low heat. Add broth mixture and all remaining ingredients. Cook and stir until liquid has reduced and mixture has thickened into a sauce, 2-3 minutes.

Pour sauce over chicken, and flip to coat.

MAKES 4 SERVINGS

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