



Chicken Brianna



1/2 of recipe (1 cutlet with topping): 318 calories, 11g total fat (4g sat. fat), 628mg sodium, 15g carbs, 3g fiber, 7g sugars, 30g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

Two 4-oz. raw boneless skinless chicken breast cutlets
1/4 tsp. each salt and black pepper
1/2 cup chopped onion
1/4 cup sliced sun-dried tomatoes (bagged or rinsed)
1 tbsp. chopped garlic
1/3 cup dry white wine
2 tbsp. lemon juice
2 tbsp. light butter
1/4 cup crumbled feta cheese
2 tbsp. chopped fresh basil

Directions

Bring a skillet sprayed with nonstick spray to medium heat. Season chicken with 1/8 tsp. each salt and pepper. Cook chicken for about 4 minutes per side, until cooked through. Transfer to a plate, and cover to keep warm.

Clean skillet, respray, and bring to medium-high heat. Add onion. Cook and stir until mostly softened and browned, about 3 minutes.

Reduce heat to medium-low. Add tomatoes, garlic, wine, lemon juice, butter, and remaining 1/8 tsp. each salt and pepper. Cook and stir until liquid has reduced, about 2 minutes.

Spoon veggie mixture over chicken. Top with feta and basil.

MAKES 2 SERVINGS

HG Tip: Serve this over veggie noodles, like [Palmini Hearts of Palm Linguine!](#)

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