



Creamy Sun-Dried Tomato Chicken



1/4 of recipe: 283 calories, 8.5g total fat (4g sat. fat), 570mg sodium, 16g carbs, 2.5g fiber, 7.5g sugars, 32g protein

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



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Ingredients

Four 4-oz. raw boneless skinless chicken breast cutlets
1/4 tsp. salt
1/4 tsp. black pepper
1 cup reduced-sodium chicken broth
2 tbsp. chopped garlic
1 tbsp. cornstarch
1 tsp. Italian seasoning
1 cup chopped onion
1/2 cup chopped sun-dried tomatoes (bagged or rinsed)
1/3 cup whipped cream cheese
1/4 cup grated Parmesan cheese
2 tbsp. chopped fresh basil

Directions

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

In a small bowl, combine broth, garlic, cornstarch, and Italian seasoning. Mix until uniform.

Clean skillet, respray, and bring to medium-high heat. Add onion. Cook and stir until mostly softened and browned, about 5 minutes.

Reduce heat to medium low. Add broth mixture, tomatoes, cream cheese, and Parm. Cook and stir until cream cheese has melted and sauce is uniform and thick, about 2 minutes.

Spoon mixture over the chicken. Serve topped with basil.

MAKES 4 SERVINGS

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