



## 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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Publish Date: June 27, 2016

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