



## 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

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 0\***

**Purple Plan [SmartPoints](#)® value 0\***

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



### 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.

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.