



Sun-Dried Tomato Pesto Chicken



Entire recipe: 225 calories, 8g total fat (2g sat. fat), 485mg sodium, 6g carbs, 1g fiber, 4g sugars, 29.5g protein

Prep: 5 minutes **Cook:** 10 minutes

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Ingredients

2 tbsp. low-fat/light ricotta cheese
1 tbsp. sun-dried tomatoes (bagged or rinsed), chopped
2 tsp. pesto sauce, divided
One 4-oz. raw boneless skinless chicken breast cutlet, pounded to 1/2-inch thickness
Optional topping: grated Parmesan cheese, chopped fresh basil

Seasonings:

1 dash garlic powder
1 dash onion powder
1/8 tsp. salt
1/8 tsp. black pepper

Directions

In a small bowl, mix ricotta, tomatoes, 1 tsp. pesto, garlic powder, and onion powder.

Bring a 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.

Reduce heat to medium low. Spread ricotta mixture on the chicken, and top with remaining 1 tsp. pesto. Cover and cook for 1 minute, or until sauce is hot.

MAKES 1 SERVING

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