

SKILLET CHICKEN WITH CREAMY SUN-DRIED TOMATO SAUCE

Ingredients:

- 3, 6 oz. boneless, skinless chicken breasts
- 2 1/2 Tbs olive oil
- salt and pepper to taste
- 1/2 cup diced onions
- 2 cloves of garlic, minced
- 1 1/3 cups + 1 Tbs chicken broth
- 1/2 cup sun-dried tomatoes (in oil) - finely chopped
- 1/4 cup fresh basil, plus more for garnish
- 2 tsp. corn starch
- 1/4 cup heavy cream
- 1/3 cup shredded parmesan cheese

Place a long sheet cling wrap on top of a cutting board. Place chicken on top of plastic wrap and lay another piece of wrap over the top of the chicken. Pound chicken to an even thickness using the flat side of a meat mallet (or in my case, a cast iron skillet). Season both sides of chicken with salt and pepper. Heat 1 1/2 tablespoons of olive oil in a large skillet over medium-high heat. Add chicken and cook for about 4 to 5 minutes on each side (until chicken is cooked through). Transfer to a plate and place another plate over the chicken to keep warm. Set aside.

Turn heat down to medium. Heat remaining 1 tablespoon olive oil in skillet. Add onions and sauté for a few minutes. Add garlic and sauté a minute longer. Pour in 1 1/3 cup chicken broth, while scraping bottom of skillet to release browned bits. Place sun-dried tomatoes and 1/4 cup basil in a blender and blend until tomatoes are chopped fine; or you can chop tomatoes and basil with a knife. Add mixture to the skillet and stir. In a small bowl, mix remaining 1 tablespoon of chicken broth with corn starch. Add to skillet, stirring constantly. Add cream and parmesan, stirring until cheese has melted. Remove from heat, and add chicken to the skillet mixture, spooning sauce over chicken. Garnish with more fresh basil and ENJOY!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Count your blessings, not your troubles." - Anonymous