

Low-Point Merlot Roasted Chicken Breast

Ingredients:

- Thyme, enough to sprinkle over all chicken breasts
- Rosemary, enough to sprinkle over all chicken breasts
- salt, pinch sprinkled over chicken
- 6, 4 oz. boneless skinless chicken breasts
- 3 Tbs flour
- 1 Tbs olive oil
- Pam cooking spray
- 1 1/2 Tbs finely chopped shallots
- 1 1/2 cups Merlot red wine
- 1 1/2 cups chicken broth
- 1/2 tsp. Splenda sugar substitute
- 3 Tbs chilled butter (Land O Lakes Light)
- 1 tsp. corn starch

Preheat oven to 425 degrees. Sprinkle thyme, rosemary, and salt over chicken. Dredge chicken in flour; shake off excess. Heat olive oil in large skillet over medium-high heat. Add chicken to skillet and brown on both sides. Remove chicken from pan. Arrange chicken in a single layer on the rack of a roasting pan coated with cooking spray; place rack in pan. Bake for 12 minutes. Remove from oven, cover, and let stand 10 minutes. Heat a medium sauce pan over medium-high heat. Coat pan with cooking spray. Add shallots and saute' 30 seconds, stirring frequently. Stir in wine, scraping pan to loosen brown bits. Increase heat to high, bring to a boil. Boil about 5 minutes. Add broth and Splenda and cook for about 10 minutes until the broth reduces a little bit. (You should have anywhere from 3/4 cup to 1 cup broth remaining). Remove from heat and gradually add butter and corn starch, whisking until smooth. Serve sauce over chicken and enjoy!

Total servings - 6

Serving size - 1

Points per serving - 5

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