

Chicken with Herb Sauce and Vegetables

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: Since you are dealing with raw chicken you need to make sure you wash all surfaces and utensils that come in contact with the raw chicken. Serve this dish with roasted vegetables and since they take longer you need to start them first. You can substitute Italian seasoning for Herb de Provence.



4 – 6 ounce boneless, skinless chicken breasts
1/4 teaspoon salt and pepper
1 tablespoon olive oil
2 cloves mince garlic, fresh or from a jar
1 cup reduced-sodium, fat-free chicken broth
1-1/2 teaspoons Herbs de Provence
1 tablespoon capers, rinsed and drained
1 tablespoon fresh lemon juice
1 teaspoon lemon zest
1 teaspoon butter

Roasted Vegetables:

4 Roma tomatoes
4 yellow squash or 2 cups
4 new potatoes
2 tablespoons olive oil
Salt and pepper to taste
2 teaspoons herbs de Provence

Preheat the oven to 400 degrees. Line a baking sheet with a silicone baking mat or foil sprayed with cooking spray. Wash all the vegetables before slicing. Cut all the vegetables and lay them on the baking sheet. Cut the tomatoes in half lengthwise and lay flesh side up. Cut the squash in 1/2 inch slices. Cut the potatoes the same way. The potatoes will take a little longer to cook so to give them a head start put them in a microwave safe bowl for 1-1/2 minutes and then add them to the baking sheet. Drizzle the vegetables with olive oil and sprinkle with salt, pepper and the herbs. So that the vegetables and chicken are done at the same time, you will want to start the cooking the chicken after the vegetables are 10 minutes into their roasting time. Roast the vegetables for a total of 30 minutes.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over the chicken. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. When you are done, sprinkle all with salt and pepper on both sides.

Heat oil in a large non-stick skillet over medium heat. When the skillet is hot add the chicken and cook for 3-5 minutes on each side until the chicken is done. While the chicken cooks, throw away the plastic wrap and wash the area and items that came in contact with the raw chicken. Remove all pieces from the pan and put in another container to keep warm.

Add the garlic to the pan and stir for 20 seconds. Gradually stir in the broth and herbs and bring it to a boil scraping the bottom of the pan to get up the brown bits. Cook for 4 minutes and remove from the heat. Add the capers, lemon juice, lemon zest and stir in the butter.

Plate the chicken and serve the sauce over it. Add the roasted vegetables and enjoy.