

Chicken with Sun-Dried Tomato Sauce

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 20 minutes

Serves: 4

CChints: You can find jars of sun-dried tomatoes packed in oil in the produce section or with the canned vegetables. You are going to use some most of the tomatoes and some of the flavored oil in this recipe. The rest can be saved to cook more chicken, shrimp or fish for another dish. They come 3 varieties, halves, sliced or pureed. For this recipe you can use halves or sliced. They are a little expensive but they have a wonderful flavor.



8 ounce jar oil-packed sun-dried tomato halves or slices
4 skinless boneless chicken breasts
Pinch of salt and pepper
1/2 teaspoon each cumin and smoked paprika
1/2 cup sliced yellow onion
1 cup fat-free, low sodium chicken broth, divided
1 Tablespoon chopped fresh oregano or 1 teaspoon dry
1-1/2 teaspoons fresh thyme leaves or 1/2 teaspoon dry
1/2 teaspoon balsamic vinegar
1 tablespoon butter
4 services of a side vegetable or potatoes

Use a strainer over a bowl to drain most of the jar of sun-dried tomatoes because you want to reserve the oil. Let them drain while you start the prep for the chicken.

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. 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 each lightly with salt, pepper and seasonings.

Pour 1-1/2 tablespoons of sun-dried oil in a large nonstick skillet and set aside for now. Finely chop the sun-dried tomatoes until you have 1/2 cup and the remainder can be returned to the jar with any remaining oil.

Turn the heat under the skillet with the oil in it to medium. When the skillet is hot add the chicken and cook for 3-4 minutes on each side until done. Don't move the chicken during the first 4 minutes to get a golden brown sear on the chicken. During this time wash everything that came in contact with raw chicken. When the chicken is done, transfer them to a covered container to keep warm.

Add the onions to the pan and slow pour in 1/4 cup of the chicken broth to loosen the chicken flavors from the pan. Saute the onions for 6 minutes or until tender and slightly brown. Add them to the container holding the chicken. During this time you can start your side vegetable.

Add the sun-dried tomatoes, herbs and the rest of the chicken broth to the pan. Stir and add the balsamic vinegar and allow the mixture to come to a boil. Cook for about 4 minutes or until the mixture reduces by half. Remove the pan from the heat and add the butter. Stir to combine and you are ready to serve. Put a piece of chicken on each plate, top with the sun-dried mixture and top with the sauce. Add your side vegetable and enjoy.