

Herb-Crusted Chicken with Chunky Tomato Sauce

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 15 minutes

Serves: 4

CChints: This is a simple recipe and the fresh herbs are the key ingredients in this recipe. They add their own unique flavor to the chicken.



Herb-Crusted Chicken:

4 boneless skinless chicken breasts
Salt and pepper to taste
2 tablespoons chopped fresh oregano
2 tablespoons chopped fresh basil
1-1/2 tablespoons olive oil

Optional: side vegetable

Chunky Tomato Sauce:

1-1/2 cups dry white wine
2 – 15 ounce cans petite diced tomatoes, drained
1 tablespoon chopped fresh oregano
3 tablespoons chopped fresh basil
3 tablespoons green onions
1 glove minced garlic, fresh or jarred
1-1/2 teaspoons chopped capers, drained, rinsed
1-1/2 tablespoons butter, cut into pieces

Chicken:

Rinse the chicken and pat it dry with paper towels. Lay them on a plate and discard the paper towels. Sprinkle both sides with salt and pepper. To save time chopped all the herbs you need for the chicken and the sauce. Put the herbs for the sauce in a small bowl and set them aside. Put the herbs for the chicken in a small bowl and combine them. Divide the herbs evenly over each piece of chicken. Spread them out over one side of the chicken and press them into the flesh.

Pour the oil into a large nonstick skillet and spread it around in the pan. Heat the pan to medium-high and when the oil is hot, lay each piece of chicken in the pan, herb side down. Cover and cook for 4 minutes. Reduce the heat to medium and turn the chicken over to cook for 3-4 minutes until they are done in the center.

While the chicken is cooking you can finish the prep work for the sauce and start your side vegetable. Be sure to wash everything that came in contact with the raw chicken.

When the chicken is done, transfer them to a container to keep warm. Reduce the heat slightly. Slowly and carefully, pour the wine into the pan and scrape the bottom to release those yummy chicken brown pieces. Cook for about 2 minutes so the wine can reduce slightly. Add the tomatoes, through capers to the pan and stir well. Let it simmer for 2-3 minutes until the tomatoes are heated through. Remove the pan from the heat (or for a gas stove, turn off the heat) and add the butter. Stir until the butter is well dissolved and combined.

Put a piece of chicken on each plate and top with the tomato sauce. Serve with your side vegetable and enjoy!