

## **Sautéed Chicken & Shrimp with Herb Cream**

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 10 minutes

Serves: 4

**CChints:** You want to buy the shrimp on the same day you are going to use it. Or, you can often buy a 1 to 2 pound bag frozen and only take out what you need for this dish and keep the rest frozen for another dish.



### **Herb Cream:**

4 gloves minced garlic  
1/2 cup fresh basil leaves, rinsed and dried  
1/4 cup fresh oregano leaves, rinsed and dried  
1/2 teaspoon lemon zest  
2 tablespoons lemon juice  
2 tablespoons pine nuts  
1/4 cup extra virgin olive oil  
1/2 cup reduced fat sour cream  
1/2 cup reduced fat mayonnaise  
3 tablespoons freshly grated parmesan cheese  
1/2 teaspoon salt

### **Chicken and Shrimp:**

4 boneless, skinless chicken breasts  
1/2 pound peeled, deveined shrimp  
2 teaspoons olive oil  
Salt and pepper to taste  
1/4 tablespoons chicken broth  
1 tablespoons butter

Side vegetable of your choice

Prepare the Herb Cream first so the flavors will have time to get to know each other. Add the following ingredients to a food processor....garlic through pine nuts and add the oil last. Zest the lemon before you cut into it to get it to get the juice.

Pulse for 3 seconds and scrape the walls of the container and pulse again for 3 seconds. Transfer to a bowl and add the sour cream, mayonnaise and cheese, stir well to combine. Set aside while you prepare the rest of this meal.

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 all with half of the salt and pepper on both sides.

Start your side vegetable now and keep it warm until the dish is ready.

Add oil to the skillet over medium heat. When the oil is hot, add the chicken, cover and cook 3 minutes on each side until done. Transfer the chicken to a container to keep warm. Slowly add the chicken broth to the pan, scraping up the brown bits from the chicken for about 20 seconds. Add the shrimp to the pan and cook 2 – 3 minutes, stirring and flipping them over occasionally until they turn opaque. Pour them and the juices into the container with the chicken and cover.

Now you are ready plate your meal. Put a piece of chicken on each plate. Divide the shrimp and put on top of the chicken. Pour some of the juice from the warming container over the top. Spoon some of the Herb Cream on each plate and add your side vegetable.

Caroleicious!