

Chicken with Tomato-Balsamic Pan Sauce

Fennel seeds give this tomato and balsamic sauce an extra kick, but if you don't have them on hand, try using cumin or coriander seeds, or 1 teaspoon of a ground herb or spice. Serve this easy chicken breast recipe with whole-wheat spaghetti or crusty bread to sop up the sauce. Save the unused chicken tenders in an airtight container in your freezer for up to 3 months. Once you have enough, thaw them out for another use.

Recipe by Julia Clancy- EatingWell

Servings: 4

Ingredients

2 8-ounce boneless, skinless chicken breasts
½ teaspoon salt, divided
½ teaspoon ground pepper, divided
¼ cup white whole-wheat flour
3 tablespoons extra-virgin olive oil, divided
½ cup halved cherry tomatoes
2 tablespoons sliced shallot
¼ cup balsamic vinegar
1 cup low-sodium chicken broth
1 tablespoon minced garlic
1 tablespoon fennel seeds, toasted and lightly crushed
1 tablespoon butter

Instructions

1. Remove and reserve chicken tenders (if attached) for another use. Slice each breast in half horizontally to make 4 pieces total. Place on a cutting board and cover with a large piece of plastic wrap. Pound with the smooth side of a meat mallet or a heavy saucepan to an even thickness of about ¼ inch. Sprinkle with ¼ teaspoon each salt and pepper. Place flour in a shallow dish and dredge the cutlets to coat both sides, shaking off excess. (Discard remaining flour.)
2. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add 2 pieces of chicken and cook, turning once, until evenly browned and cooked through, 2 to 3 minutes per side. Transfer to a large serving plate and tent with foil to keep warm. Repeat with the remaining chicken.
3. Add the remaining 1 tablespoon oil, tomatoes and shallot to the pan. Cook, stirring occasionally, until softened, 1 to 2 minutes. Add vinegar; bring to a boil. Cook, scraping up any browned bits from the bottom of the pan, until the vinegar is reduced by about half, about 45 seconds. Add broth, garlic, fennel seeds and the remaining ¼ teaspoon salt and pepper. Cook, stirring, until the sauce is reduced by about half, 4 to 7 minutes. Remove from heat; stir in butter. Serve the sauce over the chicken.

Recipe Notes



Nutritional Information

- Serving size: 3 oz. chicken & 3 Tbsp. sauce
- Per serving: 294 calories; 17 g fat(4 g sat); 1 g fiber; 9 g carbohydrates; 25 g protein; 8 mcg folate; 70 mg cholesterol; 3 g sugars; 0 g added sugars; 263 IU vitamin A; 4 mg vitamin C; 46 mg calcium; 2 mg iron; 371 mg sodium; 363 mg potassium
- Carbohydrate Servings: ½
- Exchanges: ½ vegetable, 3½ lean protein, 2½ fat