

Chicken Cutlets with Sun-Dried Tomato Cream Sauce

This recipe shows how to make chicken cutlets with double the deliciousness. A jar of sun-dried tomatoes are used twice in this healthy dinner recipe: the flavorful oil they're packed in is used to sauté the chicken while the tomatoes are added to the cream sauce for a rich, flavorful dish.



Total Time: 20 mins

Servings: 4

Nutrition Profile:

Egg Free

Gluten-Free

High-Protein

Low Carb

1 pound chicken cutlets

¼ teaspoon salt, divided

¼ teaspoon ground pepper, divided

½ cup slivered oil-packed sun-dried tomatoes,
plus 1 tablespoon oil from the jar

½ cup finely chopped shallots

½ cup dry white wine

½ cup heavy cream

2 tablespoons chopped fresh parsley

Step 1

Sprinkle chicken with 1/8 teaspoon each salt and pepper. Heat sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted into the thickest part registers 165 degrees F, about 6 minutes total. Transfer to a plate.

Step 2

Add sun-dried tomatoes and shallots to the pan. Cook, stirring, for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining 1/8 teaspoon each salt and pepper; simmer for 2 minutes. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and parsley.

Nutrition Facts

Serving Size: 3 oz. chicken and 1/4 cup sauce

Per Serving: 324 calories; protein 25g; carbohydrates 8.4g; dietary fiber 1g; sugars 1.8g; fat 18.9g; saturated fat 8.4g; cholesterol 96.6mg; vitamin a iu 1030IU; vitamin c 18.3mg; folate 17.3mcg; calcium 50.7mg; iron 1.6mg; magnesium 42.9mg; potassium 532.4mg; sodium 249.5mg.

Exchanges: 3 fat, 3 lean protein, 2 vegetable

Source: EatingWell