

Chicken in Basil Cream Sauce

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Adapted from Quick Cooking Magazine

Blue – 6

Purple – 6

Green – 8

- 1/4 cup 1% milk
- 1/4 cup dry breadcrumbs
- 4 boneless, skinless chicken breasts
- 2 Tbsp butter
- 1/2 cup chicken broth
- 1 cup fat free half and half
- 1 4 oz jar sliced pimientos, drained
- 1/2 cup fresh parmesan cheese, grated
- 1/4 cup minced fresh basil
- 1/8 tsp pepper

1. Place milk and bread crumbs in separate shallow bowls.
2. Dip chicken in milk, then coat with crumbs.
3. In a skillet over medium – high heat, cook chicken in butter on both sides until juices run clear and chicken is cooked through to 165° – about 10 minutes
4. Remove and keep warm.

5. Add broth to the skillet. Bring to a boil over medium heat; stir to loosen browned bits from pan.
6. Stir in half and half and pimientos; boil and stir for 1 minute. Reduce heat.
7. Add parmesan cheese, basil and pepper; cook and stir until heated through. Pour over the chicken.