

Chicken with Tomato and Basil Cream Sauce

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Serves 4

5 points per serving

- 2 large boneless skinless chicken breasts (about 1– $\frac{1}{2}$ pounds, sliced in half lengthwise)
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon freshly cracked black pepper
- 1 tablespoon olive oil
- 1 tablespoon minced fresh garlic
- 1 cup fat free half and half
- 1 14.5-ounce can diced tomatoes, undrained
- $\frac{3}{4}$ cup grated Parmesan cheese
- $\frac{1}{4}$ teaspoon Italian seasoning
- $\frac{1}{2}$ cup loosely packed chopped or julienned basil

1. Season sliced chicken breasts on each side with salt and pepper.
2. Heat olive oil in a large skillet over medium high heat. Add chicken and cook until golden brown, cooked through and no longer pink (about 4 minutes on each side depending upon thickness).
3. Transfer chicken to a plate and set aside. In the same skillet, add garlic and cook until fragrant, stirring

constantly (about 30 seconds).

4. Add half and half and diced tomatoes with juices, Parmesan cheese and Italian seasoning. Stir well to combine.
5. Bring to a boil, then reduce heat to maintain a simmer. Simmer for 4-5 minutes, or until slightly thickened (stirring frequently).
6. Remove skillet from heat and stir in fresh basil. Season cream sauce with salt and pepper, if desired. Return chicken to skillet. Serve over your favorite pasta, if desired.

Main Course

Chicken