

Creamy Boursin Chicken

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Adapted from 40aprons

Serves 4 – 328 calories/9 points per serving

- 1 tablespoon avocado oil
- 1 pound boneless, skinless chicken breasts
- salt to taste
- freshly cracked black pepper to taste
- $\frac{1}{2}$ cup dry white wine (or $\frac{1}{2}$ cup chicken broth)
- 1 cup chicken broth
- 1 5.2- ounce wheel Boursin cheese any flavor (cut into 4 or 6 pieces)
- 1 tablespoon chopped chives

1. Heat 1 tablespoon avocado oil in large skillet over medium heat, swirling oil around skillet to coat pan evenly. While skillet heats up, generously season both sides of each chicken breast with salt and pepper to taste.
2. When oil is hot and shimmering, add chicken breasts to skillet. Pan-sear chicken 4 minutes, then flip. Sear chicken another 4 minutes until cooked-through and no longer pink.
3. Transfer fully-cooked chicken breasts to plate and set aside. If chicken charred or left dark spots in skillet, wipe skillet out with paper towel so sauce is not bitter.

4. Pour $\frac{1}{2}$ cup white wine (or $\frac{1}{2}$ cup chicken broth) into hot skillet to deglaze, scraping up any stuck bits of chicken with spatula. Raise heat under skillet and bring liquid to boil, then add 1 cup chicken broth. Cook liquid until reduced by approximately 50%.
5. Once liquid has reduced by half, add Boursin cheese pieces. Whisk cheese into liquid until cheese has melted completely.
6. Return cooked chicken to skillet and spoon sauce over chicken, cooking only until chicken is warmed-through. Garnish with chopped chives and serve warm with plenty of Boursin sauce over mashed potatoes, pasta, mashed cauliflower, or rice.

Main Course
Chicken