

Creamy Ranch Chicken

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Adapted from The Cozy Cook

Serves 4

327 calories/ 8 Weight Watcher Points

- 2 large boneless/skinless chicken breast (or 4 small)
 - 2 teaspoons Italian seasoning
 - Salt/Pepper
 - 1 Tablespoon olive oil
 - 10.5 oz. cream of chicken soup (I use Pacific Foods Organic I don't think my homemade mix will work well with this recipe)
 - 1 $\frac{1}{2}$ cups 1% milk
 - 1 cup light sour cream (at room temp)
 - $\frac{1}{2}$ teaspoon onion powder
 - 1 oz. packet Ranch seasoning mix (about 3 Tablespoons (or make your own – see below))
1. Slice each chicken breast into 2-3 thinner slices. Pound with a meat tenderizer if needed, the chicken will plump up more when cooked. Aim for $\frac{1}{2}$ inch thick slices. You can skip the slicing and just pound them if using small breasts
 2. Sprinkle each side of the chicken with Italian seasoning and salt/pepper.
 3. Heat olive oil in a large pan over medium-high heat. Add

2-3 pieces of chicken, leaving room around each. Sauté for 4-5 minutes per side, until a golden brown crust has developed. Remove and set aside. Repeat with the remaining 2-3 pieces of chicken.

4. Remove excess oil from the pot and wipe away any black spots, a little bit of brown leftover is fine, it will add more flavor.
5. Add the remaining ingredients to the skillet over medium heat. Stir until combined. Let it bubble gently and reduce for 5 minutes. Add the chicken and spoon the sauce on top.
6. Cover the skillet partially and let the chicken heat through and absorb the flavors from the sauce, about 10 minutes.
7. Serve with baked or mashed potatoes and spoon the sauce over each potatoes

Main Course

Chicken

buffalo chicken, one pot meal, ranch