

Marry Me Chicken

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- 1 Tbsp olive oil
- 4 boneless, skinless chicken breasts
- salt
- pepper
- 2 cloves garlic (minced)
- 1 tsp thyme
- 1/2 tsp red flakes (more if you like spicy, less if you don't)
- 3/4 cup chicken broth
- 1/2 cup fat free half and half
- 1/2 cup sundried tomatoes (dry or packed in water, chopped)
- 1/3 cup freshly grated parmesan cheese

1. Preheat oven to 375
2. In a large oven-safe skillet heat oil over medium-high heat. Season chicken generously with salt and pepper and sear until golden, about 4-5 minutes per side. Transfer chicken to a plate
3. Return skillet to medium heat. Add garlic and cook for 1 minute. Stir in thyme, red pepper flakes, chicken broth and half and half. Cook for 5 minutes, stirring often. Stir in sundried tomatoes and parmesan cheese.
4. Return chicken to skillet and spoon sauce all over the chicken breasts. Bake until chicken is cooked through, about 15-18 minutes. Garnish with basil and grated

parmesan cheese if desired.