RECIPE

Creamy Sun-Dried Tomato Chicken

Seared chicken cutlets in a white-bean sauce with sun-dried tomatoes, lemon, a little Parmesan and spinach, a 30-minute weeknight dinner.

MAKES

4 servings US Metric

TOTAL

30 min

Ingredients

- [ ] 1 ½ lb boneless, skinless chicken breast, sliced in half sideways to make 4 cutlets
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 1 tbsp oil from the sun-dried tomato jar
- [ ] ½ tsp garlic powder
- [ ] 1 tsp dried oregano
- [ ] 1 cup low-sodium chicken broth
- [ ] 1 cup no-salt-added canned white beans, drained and rinsed, blended smooth with ¼ cup water
- [ ] ½ cup oil-packed sun-dried tomatoes, drained and sliced
- [ ] ⅓ cup grated Parmesan
- [ ] 1 tbsp lemon juice
- [ ] 3 cups packed baby spinach

Method

1. Pat the chicken dry. Slice each breast in half sideways to make four thin cutlets. Sprinkle both sides with the salt and pepper.
2. Set a large skillet over medium-high heat and warm the jar oil. Brown the cutlets 3 to 4 minutes a side, in two batches if they crowd. They will not be cooked through yet. Move them to a plate.
3. Turn the heat to medium. Stir the garlic powder and oregano in the pan for 15 seconds, just until they smell warm. Pour in the broth and scrape up the browned bits.
4. Blend the beans and water until smooth, then stir the purée and the sun-dried tomatoes into the pan. Simmer 5 to 6 minutes, until the sauce coats a spoon. At 5,300 ft liquid boils at about 203 °F, so give it a minute or two more if it still looks thin.

5. Stir in the lemon juice and the Parmesan until it melts, then the spinach until it wilts, about 1 minute.

6. Slide the chicken and its juices back in and spoon the sauce over. Simmer gently 4 to 6 minutes, until the thickest part of a cutlet reads 165 °F.

7. Serve over a whole grain, such as brown rice or barley. Cool leftovers within 2 hours, no more than that, then refrigerate. Reheat to 165 °F.