

Savoury Chicken Sauté

Serves 2

Ingredients

2 tablespoons extra-virgin olive oil
2 boneless, skinless chicken breast halves
1/2 large onion, sliced
1 clove garlic, minced
1/2 tablespoon fresh rosemary leaves, chopped
1/4 cup fat-free chicken broth
Pinch salt
Pinch freshly ground black pepper

Instructions

Heat the oil in a large skillet over medium heat. Sauté the chicken breasts in the oil for 4 minutes, then turn them over and add the onion. Cover and cook for 3 minutes longer, stirring occasionally. Add the garlic, rosemary, and broth. Cover and cook until the onion is tender-crisp, about 5 minutes longer, stirring occasionally. Season with salt and pepper.

Nutritional Information:

217 calories
8 total fat (1 g sat)
6 g carbohydrate
28 g protein
1 g fiber

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