

Light Tomato & Basil Infusion over Chicken

– by Paula Hendricks, Nutrition Consultant



Who doesn't love a delicious Italian flavored dish? With just a few ingredients, you can make this simple dish any night of the week but it is elegant enough to serve as a special meal. I like to serve this dish with a side of spaghetti squash sprinkled with a little olive oil, salt, pepper and Parmesan cheese and an Arugula salad. The chicken can also be substituted with a white fish such as sole, tilapia, or halibut.

Ingredients:

- 4 tablespoons olive oil
- 4 garlic cloves, minced
- 4 fresh tomatoes, medium-sized, finely diced, about 2 cups (you can substitute with canned if needed)
- 1/4 cup chopped fresh basil (do not use dried)
- 1/2 cup white wine or chicken broth
- 1 teaspoon Napa Valley Meritage Blend seasoning (or another Italian seasoning)
- 1/2 tsp. each salt and pepper
- 2 T. freshly grated Parmesan cheese
- 4 chicken breasts, 4 1/2 oz each

Instructions: Have all the ingredients prepared and ready before you start cooking, including chicken.

For the Sauce:

1. In a sauté pan, add the olive oil and heat for about one minute over low medium temperature. Add the garlic and sauté for about 30 seconds, stirring constantly - do not let garlic burn. Add the fresh basil and continue stirring for another 30 seconds.
2. Reduce heat, add the chopped tomatoes and cover with a lid and simmer for about five minutes, stirring often, until the tomatoes cook down to a sauce consistency.
3. Add 1 tsp. of Napa Valley Meritage Blend or other Italian seasoning, and salt and pepper.
4. Add the white wine (or chicken broth) and bring to a low-boil for about a minute.
5. Stir in the Parmesan cheese, cover the sauce with lid and let simmer and thicken..
6. Continue to simmer on low while you cook the chicken breasts.
7. Add a little hot water to the sauce a little at a time if it needs to be kept reconstituted, no more than 1/2 cup.

For the Chicken:

Grill the chicken in a skillet with a little olive or canola oil until lightly browned on one side about 5 minutes, flip and finish until cooked through, about another 4-5 minutes. I usually sprinkle a little Napa Valley Meritage blend on the chicken before cooking.

Assembly:

Place each chicken breast on either a dinner plate or salad -style bowl. Put about 1/2 cup of the sauce atop each chicken breast and sprinkle with a little Parmesan cheese if desired.

Nutritional Value: Each serving contains approximately 300 calories, 35 grams of protein, 15 grams of fat and 2 grams of carbohydrates.