



CHICKEN BREASTS w/BROWN BUTTER-GARLIC TOMATO SAUCE

Basic Lifestyle

INGREDIENTS

4 (6-oz.) skinless, boneless chicken breasts
¾ TSP kosher salt, divided
¾ TSP black pepper, divided
2 TBS olive oil, divided
2 TBS unsalted butter
6 garlic cloves, sliced
2 cups halved grape tomatoes
3 TBS fresh flat-leaf parsley leaves

INSTRUCTIONS

—Place chicken breasts on a cutting board; pound to a 1/2-inch-thickness using a meat mallet or small, heavy skillet (all four breasts should fit in one large skillet). Sprinkle chicken with 1/2 TSP salt and 1/2 TSP pepper.

—Heat 1 TBS oil in a large skillet over medium-high. Add chicken to pan; cook 4 to 5 minutes on each side or until done. Remove from pan; keep warm. Do not wipe pan clean.

—Reduce heat to medium. Add remaining 1 TBS oil, remaining 1/4 TSP salt, remaining 1/4 TSP pepper, butter, and garlic to drippings in pan; cook 2 minutes or until butter just begins to brown, stirring frequently. Stir in tomatoes; cook 2 minutes or until tomatoes are wilted. Spoon tomato mixture over chicken; sprinkle with parsley.

SERVING INFO: (Serves 4)

1 chicken breast + about 1/3 cup tomato mixture = 1 P, 1 V, ½ FT

See recipe photo at [Instagram](#) and [Facebook](#).