

Recipe



Chicken Cutlets with Sun-Dried Tomato Cream Sauce

2 Servings

Nutrition Facts

Serving Size 3oz Chicken & 1/4 Cup Sauce

Per Serving: 324 Calories

Total Fat 19g, Saturated Fat 8g, Cholesterol 97mg, Sodium 250mg, Total Carbohydrate 8g, Dietary Fiber 1g, Total Sugars 2g, Protein 25g, Vitamin C 18mg, Calcium 51mg, Iron 2mg, Potassium 532mg

Ingredients

- 1 pound chicken cutlets
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- ½ cup slivered oil-packed sun-dried tomatoes, plus 1 tablespoon oil from the jar
- ½ cup finely chopped shallots
- ½ cup dry white wine
- ½ cup heavy cream
- 2 tablespoons chopped fresh parsley

Directions

Step ONE

Sprinkle chicken with 1/8 teaspoon each salt and pepper. Heat sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted into the thickest part registers 165°F, about 6 minutes total. Transfer to a plate.

Step TWO

Add sun-dried tomatoes and shallots to the pan. Cook, stirring, for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining 1/8 teaspoon each salt and pepper; simmer for 2 minutes. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and parsley.

Source: [eatingwell.com/recipe/276341/chicken-cutlets-with-sun-dried-tomato-cream-sauce](https://www.eatingwell.com/recipe/276341/chicken-cutlets-with-sun-dried-tomato-cream-sauce)

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