

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Sautéed Chicken Breasts with Creamy Chive Sauce

Makes: 4 servings • **Active Time:** 35 minutes • **Total Time:** 35 minutes

Ingredient

- 4 boneless, skinless chicken breasts, (about 1 pound), trimmed of fat
- 1 teaspoon kosher salt, divided
- 1/4 cup plus 1 tablespoon all-purpose flour, divided
- 3 teaspoons extra-virgin olive oil, divided
- 2 large shallots, finely chopped
- 1/2 cup dry white wine. (broth can replace wine)
- 1 14-ounce can reduced-sodium chicken broth
- 1/3 cup reduced-fat sour cream
- 1 tablespoon Dijon mustard
- 1/2 cup chopped chives, (about 1 bunch)



Preparation

1. Place chicken between sheets of plastic wrap and pound with a meat mallet or heavy skillet until flattened to an even thickness, about 1/2 inch. Season both sides of the chicken with 1/2 teaspoon salt. Place 1/4 cup flour in a shallow glass baking dish and dredge the chicken in it. Discard the excess flour.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the chicken and cook until golden brown, 1 to 2 minutes per side. Transfer to a plate, cover and keep warm.
3. Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add shallots and cook, stirring constantly and scraping up any browned bits, until golden brown, 1 to 2 minutes. Sprinkle with the remaining 1 tablespoon flour; stir to coat. Add wine, broth and the remaining 1/2 teaspoon salt; bring to a boil, stirring often.
4. Return the chicken and any accumulated juices to the pan, reduce heat to a simmer, and cook until heated through and no longer pink in the center, about 6 minutes. Stir in sour cream and mustard until smooth; turn the chicken to coat with the sauce. Stir in chives and serve immediately.

Nutrition

Per serving: 244 calories; 9 g fat (3 g sat, 3 g mono); 72 mg cholesterol; 1 g carbohydrates; 26 g protein; 0 g fiber; 679 mg sodium; 334 mg potassium.