

Carol Occhuizzo's Chicken Breasts with Goat Cheese and Tomato/Basil/Butter Sauce

Carol Occhuizzo



Servings: 6

*1 Tablespoon minced garlic
1 Tablespoon minced yellow onion
2 Tbs butter
1/2 cup dry white wine
1/4 cup lemon juice
2/3 cup sliced cold butter
1 1/2 chopped sun-dried tomatoes
1/4 cup chopped fresh basil 1/2 tsp
kosher salt
1/2 tsp white pepper
6 boned skinned chicken breast
halves
extra virgin olive oil
1/2 tsp salt
1/2 black pepper
8 oz caprino or other goat cheese,
room temperature*

Cook Time:

Saute garlic and onion in 2 TBS butter in a large skillet until tender. Stir in wine and lemon juice, increase heat to medium and reduce by half. Reduce heat and stir in cold butter one slice at a time. Stir in tomatoes, basil, kosher salt, white pepper, remove from heat and set aside.

Brush chicken breasts with EVOO and season with salt and pepper. Saute chicken for 10-15 minutes or until cooked through. A couple of minutes before chicken is done place equal amounts of cheese on the breasts.

Spoon prepared tomato/basil/butter mixture over the top of each breast just prior to serving.

In the winter, I cook the breasts outside but do the cheese inside with the oven on warm.

Per Serving (excluding unknown items): 357 Calories; 8g Fat (15.6% calories from fat); 13g Protein; 79g Carbohydrate; 32g Dietary Fiber; 10mg Cholesterol; 270mg Sodium. Exchanges: 5 Grain(Starch); 0 Vegetable; 0 Fruit; 1 1/2 Fat.