

Garlic and Oregano Chicken with Brown Rice and Green Beans

Ingredients for Chicken Dish:

2 Tbsp. flour
½ tsp. salt
¼ tsp. freshly ground black pepper
4 4-oz skinless, boneless chicken breast halves
1 Tbsp. olive oil
5 cloves garlic, minced
¾ cup reduced-sodium chicken broth
3 Tbsp. fresh lemon juice
1 tsp. dried oregano
1 tsp. dried basil
2 ½ cups cherry tomatoes, halved
1 ½ tsp. cornstarch mixed with 1 Tbsp. water

Sides:

2 individual packages of “boil-in-bag” brown rice, cooked according to box directions
3 cups fresh green beans, steamed or sautéed lightly with olive oil and garlic

Directions:

1. On a sheet of waxed paper, pound the chicken breast halves to about ½ inch thickness. Combine the flour, ¼ tsp. salt, and pepper on the waxed paper and dredge the chicken in the flour mixture, shaking off the excess.
2. In a large skillet, heat the oil over medium heat until hot. Add the chicken and cook until golden brown and cooked through, about 5 minutes per side. With a slotted spoon, transfer the chicken to a plate.
3. Add the garlic to the pan and cook, stirring, for 30 seconds. Add the broth, lemon juice, oregano, basil, and the remaining ¼ tsp. salt and cook, stirring occasionally, until slightly reduced, about 2 minutes. Add the tomatoes and cook, stirring occasionally, until softened, about 4 minutes. Bring to a boil, add the cornstarch mixture and cook, stirring, until slightly thickened, about 1 minute. Return the chicken to the pan and cook just until warmed through, about 1 minute. Divide the chicken among 4 plates, spoon the sauce over the chicken and serve.
4. Serve with cooked brown rice and steamed green beans lightly sautéed in olive oil and garlic.

Nutrition Facts (per one serving of chicken dish only):

Calories: 199
Total Fat: 5g
Saturated Fat: 0.9g
Carbohydrate: 10g
Protein: 28g
Cholesterol: 66mg
Sodium: 475mg

Recipe adapted from: Great Taste, Low Fat Stir-Fries & Sautes, Time Life Books, 1996