

Chicken

Chicken Sorrento

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Servings: 4

Start to Finish Time: 15 minutes

1/4 teaspoon salt

1/8 teaspoon pepper

4 5-ounce boneless/ skinless chicken breast halves

2 teaspoons oil

1 bottle (8 oz) creamy Italian dressing

1 bag (16 oz) frozen stir-fry vegetable blend

Sprinkle the chicken with the salt and pepper.

Heat the oil in a large nonstick skillet over medium-high heat.

Add the chicken. Cook for 2 minutes on each side or until golden.

Pour the dressing on the chicken. Turn to coat.

Reduce heat. Cover and simmer for 5 minutes.

Add the frozen vegetables. Cover and cook for 5 minutes or until the chicken is cooked through and the vegetables are crisp-tender.

Per Serving (excluding unknown items): 20 Calories; 2g Fat (99.1% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 133mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat.