

## Chicken

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# Chicken with Cherry Tomato Sauce

Cooking Light

**Servings: 4**

*If you like cherry tomatoes.*

**4 6-ounce boneless/skinless chicken breasts**

**plastic wrap**

**1/2 teaspoon salt**

**1/4 teaspoon pepper**

**2 tablespoons olive oil**

**5 cloves garlic, coarsely chopped**

**1 pint cherry tomatoes**

**1/3 cup fat-free, low-sodium chicken broth**

**1/4 cup small basil leaves**

Place chicken breast halves between two sheets of plastic wrap; pound to 1/2-inch thickness. Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Heat a large skillet over medium-high heat. Add two tablespoons olive oil to pan. Add chicken; saute' 3 minutes on each side or until done. Transfer to a serving platter.

Add garlic cloves to pan; saute' for 1 minute, stirring constantly. Stir in cherry tomatoes and chicken broth and bring to a boil. Cook 5 minutes, stirring occasionally. Spoon over chicken.

Garnish with basil leaves.

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Per Serving (excluding unknown items): 81 Calories; 7g Fat (73.5% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 274mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 1/2 Fat.