

Chicken

Greek Chicken Saute'

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Servings: 4

Preparation Time: 6 minutes

Start to Finish Time: 17 minutes

2 teaspoons flour

1/4 teaspoon salt

1/4 teaspoon pepper

4 6-ounce boneless/ skinless chicken breast halves

2 teaspoons olive oil

2 cubanelle peppers, sliced

1 small sweet onion, sliced

1/2 cup water

1 cup grape tomatoes

2 teaspoons minced garlic

2 teaspoons grated lemon zest

1/4 cup feta cheese, crumbled

tablespoon chopped dill pickle

In a bowl, combine the flour, salt and pepper. Evenly coat the chicken.

Heat 1 1/2 teaspoons of the oil in a large nonstick skillet.

Add the chicken. Cook, turning once, for 8 minutes or until cooked through. Remove the chicken to a platter.

Heat the remaining oil in the skillet.

Add the peppers and onion. Saute' for 5 minutes or until crisp-tender.

Add the water, tomatoes, garlic and lemon zest. Saute' for 2 minutes or until the tomatoes soften.

Remove from the heat. Sprinkle with the feta and dill.

Serve over the chicken.

Per Serving (excluding unknown items): 62 Calories; 4g Fat (61.1% calories from fat); 2g Protein; 4g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 240mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.