

Easy Italian Style Pan-Seared Chicken

Serves 4 • 1/4 of recipe

157.13 Calories per serving. • Protein per serving: 10.59 g

Carbohydrate per serving: 4.12 g • Fat per serving: 11.19 g

Ingredients:

1 tbsp - Extra Virgin Olive Oil

1/2 cup - Cherry Tomato, halved

4 oz - Yellow teardrop or cherry tomato, halved (about 1/2 cup)

1 tsp - Oregano, fresh, chopped, fresh ground, edible portion

3 leaves - Basil, fresh, chopped

1 tsp - Fresh Thyme, chopped

4 cloves - Garlic Clove

2 tbsp - Shallot, 1 large, minced, chopped

1 tbsp - Balsamic glaze

6 oz - Chicken Breast, boneless, skinless (4-6 oz. each)

1/2 tsp - Sea Salt

1 tsp - Ground Black Pepper

2 tbsp - Coconut Oil, refined



Recipe Directions:

1. In a medium bowl toss together 1 tbsp. olive oil, and the next 8 ingredients.

2. Season chicken with salt and pepper.

3. Preheat oven to 400 degrees. Heat large skillet over medium heat; add remaining 2 tbsp. of coconut oil to pan, then place chicken into pan (breast side down). Let chicken brown and cook for about 3 minutes, turn over to cook on opposite side for another 4 minutes. Transfer skillet to the oven and cook for another 7-8 minutes.

4. Remove chicken from oven and place on a plate. Spoon a little bit of the tomato salsa evenly over each breast.

**Balsamic glaze can be found in the local grocery store.

You can make a healthy version with less sugar at home. Boil 2 cups of balsamic vinegar over medium-high heat until it is reduced to a thick consistency or it coats the back of a spoon, about 30 minutes.