

# CHICKEN WITH SUN-DRIED TOMATOES



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## Ingredients

Yields: 4 servings

- 1 package boneless, skinless chicken breasts
- Salt and pepper to taste
- 1 tbsp olive oil
- 1 tbsp chopped onion
- 1 can 98% fat free cream of mushroom soup
- $\frac{3}{4}$  c water
- $\frac{1}{4}$  c sliced sun-dried tomatoes packed in water
- 1 tbsp chopped fresh basil, plus some for garnish
- 1 tbsp red wine vinegar
- $\frac{1}{4}$  c Romano or parmesan cheese

## Directions

1. Heat oil in 10 in skillet on medium heat. Add chicken and cook for 10 min or until well browned on both sides. Remove from skillet.
2. Add onion and cook for 2 minutes. Stir in soup, water, sun-dried tomatoes, vinegar, and basil and heat for 1 minute.
3. Return chicken to skillet and heat to boil. Reduce to low and cook for 5 minutes or until chicken is cooked through. Sprinkle chicken dish with cheese and additional basil.

Tip: Dish is delicious served over whole grain pasta or brown rice.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/4 <sup>th</sup>	217	10 g	26 g	8 g	574 mg

Carbohydrate Exchanges:  $\frac{1}{2}$