

MARRY ME CHICKEN

NUTRITION

Servings: 6 | Calories: 385 | Protein: 31g | Carbs: 12g | Fat: 24g

CLINICAL

High-protein, low-carb recipe supporting weight loss and satiety.

INGREDIENTS

- 3 chicken breasts, sliced in half (6 cutlets)
- 1 tsp salt
- 1/2 tsp black pepper
- 4 tbsp flour
- 1 tbsp olive oil
- 1 tbsp butter
- 1/4 cup minced onions
- 3-4 garlic cloves, minced
- 1 cup heavy cream
- 1/2 cup chicken broth
- 1/2 cup sun-dried tomatoes, chopped
- 1/2 cup Parmesan cheese, grated
- 1 tsp Italian seasoning (or oregano), optional
- 1/2 tsp red pepper flakes, optional
- basil leaves, optional garnish

DIRECTIONS

1. Instructions
2. Season chicken with salt and pepper, then dredge in flour and shake off any excess.
3. Heat oil in a large heavy duty skillet. Place chicken breasts in the skillet and Cook 5 minutes per side until golden. Transfer the chicken breasts to a plate and set aside.