



Heart Healthy Cooking

Chicken with Cherry Tomatoes

Ingredients:

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| 3 4-ounce boneless, skinless chicken breasts | 1 lemon, juiced |
| ½ teaspoon chili powder | 2 cups grape or cherry tomatoes, cut into halves OR |
| 1 teaspoon garlic powder | 1 15-oz. can of crushed tomatoes |
| 1 teaspoon onion powder | ¾ cup no-salt-added vegetable stock |
| 1 teaspoon sodium-free all-purpose seasoning* | 3 tablespoons chopped fresh Italian parsley |
| ½ teaspoon sodium-free lemon pepper | |

Instructions:

1. Pre-heat large nonstick sauté pan over high heat.
2. Season chicken with chili powder, garlic powder, onion powder, sodium-free all-purpose seasoning, and sodium-free lemon pepper.
3. Lightly mist hot pan with non-stick cooking spray.
Reduce heat to medium-high and sear chicken breasts for 3 minutes per side.
4. Add tomato halves and lemon juice to pan. Turn chicken breast again and add vegetable stock to pan. Reduce heat, cover, and simmer chicken an additional 12 minutes, or until chicken is fully cooked.
5. Transfer chicken to plates; top with tomatoes and sauce; sprinkle with parsley and serve.

Chef's Notes:

- Serve with brown rice or whole-wheat couscous and steamed spinach for a complete meal.
- *Make your own all-purpose seasoning by blending ingredients such as paprika, garlic powder, onion powder, dried oregano, and dried basil. You can also purchase our chefs' Pritikin® All-Purpose Seasoning in the Online Store www.pritikin.com or call 888-254-1462.
- For delicious fajitas, serve chicken and sautéed onions and peppers with a whole-wheat tortilla and fat-free sour cream.

Nutrient Analysis:

Servings per recipe: 3	Sodium (mg): 70
Calories per serving: 179	Potassium (mg): 750
Calories from fat: 32	Carbohydrates (grams): 10
Total fat (grams): 4	Dietary fiber (grams): 3
Sat. fat (grams): 1	Protein (grams): 27
Cholesterol (mg): 83	Total sugars (grams): 4

This recipe is Pritikin® Certified.