

# Tomato Garlic Chicken



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 4

**Prep:** 20 minutes | **Cook:** 30 minutes

## INGREDIENTS

- 1 lb. boneless skinless chicken breasts
- Salt and pepper
- 1/4 cup olive oil
- 6 tomatoes, diced
- 3 cloves garlic, minced
- One handful fresh basil cut into ribbons
- 8 ounces pasta



## DIRECTIONS

1. Cover the chicken with plastic wrap and pound each piece to an even thickness (about 1 inch) to help it cook faster and more evenly. Remove the plastic and sprinkle each piece of chicken with sea salt and ground pepper.
2. Prepare the tomatoes, garlic, and basil and set aside. Make the pasta according to package directions.
3. Heat the olive oil in a large heavy skillet. Add the chicken and pan-fry for several minutes on each side until browned and cooked. When done, set aside.
4. Give the oil a few minutes to cool, add the tomatoes and return to heat. Simmer to cook the tomatoes down into a chunky-sauce-like-mixture. Add the garlic and stir to combine. Add the chicken back in to soak in the sauce for a few minutes.
5. Just before serving, stir in the basil. Top servings of pasta with the chicken and the sauce.

### Nutrition Information

*Serving Size: 1/4 recipe*

<b>Calories</b>	412
<b>Total fat</b>	<b>15 g</b>
Saturated Fat	2 g
<b>Cholesterol</b>	<b>107 mg</b>
<b>Sodium</b>	<b>191 mg</b>
<b>Carbohydrates</b>	<b>34.8 g</b>
Fiber	.4 g
Sugars	2 g
<b>Protein</b>	<b>33 g</b>

Recipe source: [pinchofyum.com](http://pinchofyum.com)