

LiveBetter with MedWatch

Chicken-Pesto Pockets with Red Pepper-Chardonnay Sauce

Ingredients

- 4 chicken breast halves (about 6 ounces each), boneless and skinless
- 2 ounces fontina cheese, cut into 4 equal strips
- black pepper
- 1 Tbsp. olive oil
- 2 Tbsp. minced shallots
- 1 jar (about 7 ounces) roasted red peppers, drained and finely chopped
- 2/3 cup fat-free, reduced-sodium chicken broth
- 1/3 cup Chardonnay or other dry white wine
- 2 Tbsp. whipping cream
- basil or parsley sprigs

Preparation

1. Rinse chicken and pat dry. With a sharp knife, cut a horizontal slit in each piece, cutting almost through to the other side.
2. Spread 1 tablespoon of the pesto in each pocket, then stuff each with a piece of cheese.
3. Fasten each chicken piece closed with a wooden pick. Sprinkle the chicken, thoroughly with the black pepper.
4. Heat oil in a wide nonstick frying pan over medium-high heat.
5. Add chicken and cook, turning occasionally, until browned on all sides (about 8 minutes).
6. Transfer chicken to a 9-inch square baking pan; cover and keep warm in a 300° oven.
7. To frying pan, add shallots; cook, stirring often, until lightly browned (about 2 minutes).
8. Add roasted peppers, broth, wine and cream. Bring to a boil over high heat; then boil, uncovered, stirring to scrape browned bits free, until reduced to about 1 cup (6 to 8 minutes).
9. Working quickly, transfer hot roasted pepper mixture to a food processor or blender; whirl until smoothly pureed. Stir into sauce any juices that have accumulated from chicken .
10. To serve, cut each chicken piece crosswise into thick slices. Spoon sauce equally onto 4 individual plates; arrange one sliced piece of chicken atop sauce on each plate. Garnish with basil sprigs.

Makes 4 servings.



Nutrition Analysis

Per serving: 367 calories, 38 g protein, 19 g fat (6 grams saturated fat), 6 g carbohydrate; 531 mg sodium; 108 mg cholesterol; 0.2 g fiber



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