

## COMMENTS:

**1** Substitute 1 pound turkey cutlets for the chicken and reduce cooking time to 2 to 3 minutes per side.

**2** To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 170mg.

**3** Instead of the onion, substitute 3 chopped shallots.

**4** Generally, bottled sun-dried tomatoes have less sodium than packaged, but read labels carefully, some brands have added sodium.

**5** The olives add a bit of saltiness. If omitting, decrease sodium per serving to 109mg.

## SUN-DRIED TOMATO CHICKEN

Sodium Per Serving – 148mg

Serves 4

*So quick and so-o-o good. The sun-dried tomatoes lend an intense, tangy flavor. Serve over a bed of rice and garnish with chopped chives.*

**4 boneless, skinless chicken breasts (about 1 pound)<sup>1</sup>**  
**2 tablespoons all-purpose flour**  
**½ teaspoon garlic powder**  
**½ teaspoon ground black pepper**  
**⅛ teaspoon cayenne pepper**  
**1 tablespoon olive oil**

**Sauce:**  
**1 tablespoon unsalted margarine or butter<sup>2</sup>**  
**1 onion, chopped<sup>3</sup>**  
**2 garlic cloves, minced**  
**¼ cup oil-packed sun-dried tomatoes, drained and chopped<sup>4</sup>**  
**2 tablespoons chopped ripe olives (optional)<sup>5</sup>**  
**½ teaspoon dried basil**  
**1 cup dry white wine**  
**⅔ cup lowfat sour cream**

- ▶ Place chicken, smooth side down, between two sheets of waxed paper or aluminum foil; pound gently with a meat mallet, rolling pin, or hammer until flattened to ¼-inch thick.
- ▶ Mix flour with garlic powder, black pepper, and cayenne; dredge chicken in flour mixture, shaking off any excess.
- ▶ Heat oil in a large skillet over medium-high heat; add chicken. Cook until lightly browned on both sides, 3 to 4 minutes per side. (Chicken is done when it is no longer pink, but still moist inside.)
- ▶ Transfer chicken to a platter and keep warm while preparing the sauce.
- ▶ *For the sauce:* Melt margarine in the same skillet chicken was cooked; add onion and garlic. Cook, stirring frequently, until onions are translucent, 2 to 3 minutes. Decrease heat to medium; stir in tomatoes, olives, basil, wine, and sour cream. Cook, uncovered, until sauce thickens and is reduced by one-half, 3 to 5 minutes.
- ▶ Return chicken to the skillet; simmer until chicken is heated through, 2 to 3 minutes.

*NUTRITIONAL INFO PER SERVING: Calories 362, Fat 16g (Saturated Fat 5g), Cholesterol 79mg, Carbohydrates 14g (Fiber 1g, Sugar 5g), Sodium 148mg*

### TOTAL SODIUM AND FAT PER INGREDIENT

#### Sodium:

1 lb chicken breasts - 307mg  
1 onion - 3mg  
2 garlic cloves - 2mg  
1 cup white wine - 12mg  
¼ c sun-dried tomatoes - 30mg  
2 T ripe olives - 146mg  
⅔ c LF sour cream - 91mg

#### Fat (Sat Fat):

1 lb chicken breasts - 6mg (2mg)  
1 T olive oil - 14mg (2mg)  
1 T NSA margarine - 8mg (2mg)  
or NSA butter - 12mg (8mg)  
¼ c dried tomatoes - 15mg (2mg)  
2 T ripe olives - 2mg (0mg)  
⅔ c LF sour cream - 18mg (11mg)