

Italian Chicken Cutlets with Side Salad

Heather Tracey

Nutritional Facts

Serving Size: 4

Amount per serving:

Calories –378

Protein – 29g

Fat – 38g

Sodium- 156mg

Fiber-1g

Ingredients:

Fresh Herb Mixture, finely chop the following:

- ½ cup of olive oil
- 2 sprigs of rosemary
- 4 sprigs of thyme
- 8 large basil leaves
- 4 garlic cloves
- 1 shallot
- ¾ cup sundried tomatoes, roughly chopped

Chicken:

- 4 chicken cutlets
- flour
- 1 tbsp olive oil
- 1 tbsp smart balance butter

Spring Mix Salad:

- 1 bag organic spring mix
- 2 tbsp balsamic vinegar
- 1 ½ tbsp olive oil
- Dash of salt and pepper

Directions:

1. Place sundried tomatoes in olive oil and let sit for a few minutes to soften up
2. Add rosemary, thyme, basil, garlic cloves, and shallot to tomato and olive oil mixture
3. Mix thoroughly, set aside
4. Lightly flour chicken cutlets
5. Heat olive oil and butter in large skillet
6. Sauté chicken for a little over a minute on each side or until lightly browned
7. Remove chicken from skillet and set aside
8. Add herb mixture to skillet
9. Let mixture sauté for about 1 ½ minutes
10. Pour mixture over chicken
11. Place spring mix in a large bowl
12. Add balsamic vinegar, olive oil, and a dash of salt and pepper
13. Mix thoroughly