



CREAMY SUN-DRIED TOMATO CHICKEN

By Dr. Cindy Tanzar
(Standard/Maintenance)

This recipe is bursting with flavor! It is so rich and satisfying, yet easy to make – a very impressive dish for guests. You won't believe you can eat food like this and still lose weight! It's okay to omit the basil, but it really does elevate the recipe. Fresh basil gives the best flavor by far, but if you can't find it, substitute 2 tsp dried basil (or to taste).

Makes 3-4 servings depending on size of chicken breasts. One serving of this recipe equals 3 oz cooked chicken with 2 Tbsp of sauce. It covers your protein and fat for one meal.



INGREDIENTS

- 1 Tbsp avocado oil
- 4 chicken breasts (can use tenders) or 5-6 thighs
- 2-3 cloves garlic, minced
- 1/4 chicken broth
- 1/4 tsp xanthan gum (can skip, but thickens sauce)
- 1/2 cup canned coconut cream* or organic heavy cream
- 1/2 cup sun-dried tomatoes (without preservatives, like



Mezzetta from Kroger) see picture below**

1/2 cup fresh basil, chopped, or 2 tsp dried basil (or to taste)

Pink Himalayan salt & freshly-ground pepper, to taste

INSTRUCTIONS

Heat oil in a large skillet over medium-high heat. Season chicken breasts with salt & pepper and place into hot skillet.

Brown well on one side about 7-8 minutes, then turn chicken over and reduce heat to low-medium. Place a lid on the skillet off to the side a bit while browning. (If using chicken tenders or thighs, you won't need the lid.) When internal temperature is 160°F, remove chicken onto a plate and cover with foil to keep warm.

In a small bowl, combine the chicken broth and xanthan gum and set aside. (You can skip the xanthan gum, but the sauce won't thicken as much.)

Add minced garlic to the skillet (adding more oil if dry) and cook for 30 seconds. Then add in the chicken broth/xanthan gum, coconut or heavy cream, sun-dried tomatoes and half of the fresh basil. Bring to a light boil, then reduce to a simmer for 2-3 minutes until the sauce thickens. Scrape the browned bits from the bottom of the pan while simmering. Season with salt & pepper, to taste.

Add the chicken back into the pan, spoon the sauce over it and cook for about 1 minute. Top with remaining fresh basil.

* Be sure to use canned coconut cream or milk. If you refrigerate the can, the cream will separate to the top and you can just scrape off ½ cup.



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