



GENESIS
Health Solutions
WHERE HEALTH BEGINS

CREAMY PESTO CHICKEN

By Dr. Cindy Tanzar
(Maintenance Plan or Special Occasion)

If you are a basil fan, you will really enjoy the flavor of this pesto chicken. It has a nice fresh taste with a rich, creamy sauce that would be great spooned over zucchini noodles or cauliflower rice/florets. *This is a maintenance recipe*, so we don't provide serving sizes. Just keep your serving reasonable and in line with your previous recommendations.



INGREDIENTS

- 4 boneless skinless chicken breasts
- Pink Himalayan salt and black pepper, to taste
- 2 Tbsp avocado oil
- 2 garlic cloves, minced
- 2 cups grape tomatoes, halved (optional, but good)
- 1/2 cup chicken broth



1/3 cup Rao's pesto - or other brand with clean ingredients (see picture)
1/2 cup organic heavy cream
1/3 cup Parmesan cheese, grated (plus more for topping)

INSTRUCTIONS

In a large skillet, heat the oil over medium-high heat. Salt & pepper the chicken. Brown chicken nicely on both sides, then remove to keep warm.

Lower the heat to low-medium. Add the garlic, cooking for 1 minute. Stir in the tomatoes, broth, cream and pesto. Bring to a boil and reduce to a simmer, adding chicken back into the pan. If mixture gets too thick, you can always add a bit more broth.

Cover and cook until chicken reaches 165°F. Top with more Parmesan, if desired.

