

MARGHERITA CHICKEN SAUTE

Serves 4

INGREDIENTS:

- 1 pint grape or cherry tomatoes
- 1 shallot, thinly sliced
- 2 T olive oil
- ½ t salt
- ¼ c. white wine
- 3 boneless skinless chicken breasts
- ¼ c. brown rice flour
- 1 t garlic powder
- 1 t salt
- 4 c. baby spinach
- Olive oil
- 10 fresh basil leaves, roughly chopped
- 20 Garlic & Parmesan Plentils, gently crushed

DIRECTIONS:

1. Preheat oven to 375°. Place the tomatoes, sliced shallot, 2 T olive oil, ½ t salt and ¼ c. white wine in a small oven safe, metal fry pan or and 8x8 glass baking dish. Stir to coat tomatoes and place in the oven. Roast for 30 minutes, stir and roast an additional 10 minutes.
2. Meanwhile, prepare the chicken by slicing in half lengthwise to create 6 thin cutlets (alternatively you may purchase “cutlets” from your butcher, though they may cost more). Mix together the ¼ c. brown rice flour, 1 t garlic powder and 1 t salt. Sprinkle over both sides of the chicken cutlets, gently rubbing in with fingers.
3. Preheat a large sauté pan over medium heat. Add a light coat of olive oil and heat another 30 seconds. Lay the chicken in the pan and cook until lightly browned on each side, about 5 minutes per side. Remove from plate.
4. In same pan, add another light coating of olive oil and then the spinach all at once. Using tongs, turn the spinach until it just begins to wilt, about 2-3 minutes.
5. To serve, place the spinach on the bottom of a serving platter. Arrange the chicken on top of that. Generously spoon the tomatoes and pan juices over the chicken and sprinkle the basil leaves over. Lastly, sprinkle with the crushed Garlic & Parmesan Plentils.