



Chicken Pomodoro

If you don't like to cook with alcohol or don't have it on hand, you can replace the vodka with an equal amount of chicken broth.

Makes 4 servings
Total time: 30 minutes

SEASON:

- 2 boneless, skinless chicken breasts, halved, pounded to $\frac{1}{4}$ -inch thick (8 oz. each)
- Salt and black pepper
- 2 Tbsp. all-purpose flour
- 2 Tbsp. olive oil

OFF HEAT, DEGLAZE:

- $\frac{1}{4}$ cup vodka
- $\frac{1}{2}$ cup low-sodium chicken broth
- $\frac{1}{4}$ cup heavy cream
- 1 cup halved heirloom cherry tomatoes
- 2 Tbsp. fresh lemon juice
- $\frac{1}{4}$ cup minced scallions

Season cutlets with salt and pepper, then dust with flour. Coat a sauté pan with nonstick spray. Add oil and heat over medium-high.

Sauté cutlets in a large sauté pan until brown, 2–3 minutes per side. Transfer cutlets to a plate.

Off heat, deglaze pan with vodka and cook until liquid evaporates. Add broth and cream and reduce until thick, 2–3 minutes. Stir in tomatoes and lemon juice and bring to a simmer. Return cutlets to pan and cook to warm through, 1 minute per side.

Serve cutlets with sauce and garnish with scallions.

Per serving: 301 cal; 16g total fat (5g sat); 93mg chol; 149mg sodium; 6g carb; 1g fiber; 25g protein



With the flat side of a mallet, pound chicken breasts to $\frac{1}{4}$ -inch thick between sheets of plastic wrap or in a resealable plastic bag.



To prevent the alcohol from igniting, it's best to deglaze the pan with the vodka off heat.



So the cutlets can soak up the flavors of the sauce, return them to the pan just before serving.