

Sun-Dried Tomato & Kalamata Olive Chicken

10 sun-dried tomato halves, chopped
1/2 C boiling water
4 boneless, skinless chicken breast halves (4 oz each)
1 tsp. dried oregano, crumbled
12 kalamata olives, finely chopped
1/2 c finely snipped fresh parsley
1/8 tsp. crushed red pepper flakes
1 oz. fat-free feta cheese, crumbled
1/8 tsp. salt
1 tsp. olive oil (extra virgin)



Soak sun-dried tomatoes in water for about 10 minutes, drain and return to bowl.

Sprinkle 1/2 tsp. oregano on the chicken and set aside

Stir together; olives, parsley, 1/2 tsp oregano, red pepper flakes and tomatoes, then add feta.

Heat the chicken in a non-stick skillet on medium heat for 3 minutes (on each side) until it is no longer pink in the center.
Sprinkle salt over the chicken.

Service: Place chicken on a plate and place 1/4 cup tomato mixture on top and drizzle 1/2 tsp olive oil.

209 Calories

7 grams of fat

29 grams protein

6 grams carbohydrates