



Kalamata-Balsamic Chicken with Feta

Ingredients

4 (6-oz.) boneless, skinless chicken breast halves

1/2 tsp freshly ground black pepper

Cooking spray

1 cup grape tomatoes, halved

16 pitted kalamata olives, halved

3 Tbsp light balsamic vinaigrette

3 Tbsp crumbled feta cheese

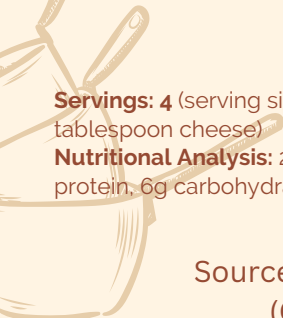
2 Tbsp small fresh basil leaves (optional)

Directions

Sprinkle chicken evenly with pepper. Heat a large nonstick skillet over medium-high. Coat pan with cooking spray. Cook chicken 5 to 6 minutes on each side or until done. Remove from pan; keep warm.

While chicken cooks, combine tomatoes, olives, and vinaigrette in a medium bowl.

Add tomato mixture to pan; cook 1 to 2 minutes or until tomatoes soften. Spoon over chicken. Top evenly with cheese and, if desired, basil.



Servings: 4 (serving size: 1 chicken breast half, 1/4 cup tomato mixture, and 1/4 tablespoon cheese)

Nutritional Analysis: 293 calories, 12g fat (2g saturated, 5g unsaturated); 40g protein, 6g carbohydrates, 1g fiber, 1g sugars (0g added sugars), 565mg sodium

Source: "5-Ingredient 15-Minute Recipes"
(Cooking Light digital magazine)