

Grilled Chicken Breasts with Creamy Chile Sauce

Author: Phillis Carey, Fast & Fabulous Chicken Breasts

Carolyn T's
Cookbook

Servings: 4



Notes: Phillis says that if you have leftover chicken (or make a couple of extra ones that you don't serve in the sauce), they're very good cut into strips on top of a salad. If you use the fat-free half and half, add about 2 tablespoons of flour to the chicken broth (otherwise the sauce will be too thin). If you don't have Jack cheese, use some other type of melting cheese (like Fontina). Do not use a stringy cheese like cheddar or mozzarella.

1. Trim chicken and pound to an even 1/2-inch thickness (place between two pieces of plastic wrap). Season chicken with salt and pepper, and place in a flat casserole.
2. In a small bowl combine the lime juice, olive oil, garlic, and cumin. Pour over chicken, turning to coat. Let stand at room temperature for 30 minutes, or cover and refrigerate for 2-3 hours.
3. Creamy Chile Sauce: heat olive oil in a large skillet over medium high heat. Toss in the onions and cook, covered, stirring often, until onions are starting to brown. Uncover and continue cooking until onions are golden throughout.
4. Add the roasted and peeled poblano and red bell pepper strips to the onion and stir in the oregano. Cook until heated through, about 2 minutes. Add the cream and broth and bring to a boil. Simmer for 4 minutes to reduce the sauce and thicken slightly. Just before serving, stir in the Jack cheese until it melts.
5. Meanwhile, remove chicken breasts from the marinade and grill 3-5 minutes per side or until cooked through. Serve chicken topped with the onion-chile sauce.

CHICKEN:

4 pieces chicken breast halves without skin, boneless, or thighs

6 tablespoons lime juice

1/4 cup olive oil

3 whole garlic cloves, minced

1 teaspoon ground cumin

CREAMY CHILE SAUCE:

2 tablespoons olive oil

2 large onions, peeled, thinly sliced lengthwise

2 whole poblano peppers, roasted, peeled, cut in thin strips

2 whole red bell peppers, roasted, peeled, cut in thin strips

1 teaspoon dried oregano

1 cup heavy cream, or substitute some fat-free half and half

1 cup chicken broth

1 cup jack cheese, grated

Serving Ideas: Would be best served with rice on the side. And a bright green vegetable to brighten up the plate. Serve this on a dark colored plate, if you have one.

Categories: Chicken

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 586 Calories; 45g Fat (67.4% calories from fat); 32g Protein; 17g Carbohydrate; 3g Dietary Fiber; 150mg Cholesterol; 297mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 8 1/2 Fat.
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