

Lemon-Thyme Chicken with Heirloom Tomato Salad

Recipe courtesy Sam Talbot, 2008 on Foodnetwork.com

Cook time: 8 mins | Level: Easy | Yield: 4 servings

Ingredients

- 4 boneless skinless chicken breasts, cut in half crosswise
- 1 lemon
- 4 tablespoons extra-virgin olive oil, plus more for frying
- 4 fresh thyme sprigs
- 2 garlic cloves, finely chopped
- 1 pound mixed heirloom tomatoes
- 2 tablespoons red wine vinegar
- Kosher salt
- Freshly ground black pepper
- Fresh basil leaves



Directions

Put the chicken into a shallow dish. Grate the zest from the lemon over the chicken. Cut the lemon in half and squeeze over the juice. Add 3 tablespoons of the oil along with the thyme, and garlic. Mix everything together so the chicken is well coated with all the flavorings. Cover and let sit for 30 minutes, or refrigerate for up to 4 hours.

While the chicken is marinating, prepare the tomato salad: Cut the tomatoes into 1/2-inch pieces and put them into a bowl. Add the vinegar, and remaining 1 tablespoon olive oil. Season to taste, with salt and pepper, tear in the basil leaves, and gently mix to combine.

When you are ready to cook, remove the chicken from the marinade, scrape off the herbs, and season with salt and pepper. Heat a large skillet over medium-high heat and put a thin coating of olive oil into it. Cook the chicken, working in batches if necessary, until it is golden brown and cooked through, about 3 to 4 minutes per side. Remove the chicken from the pan and let it rest for 5 minutes.

To serve, place 2 pieces of chicken onto a plate, and spoon 1/4 of the tomato salad over the chicken. Spoon on some of the tomato juices as well. Repeat with the remaining chicken and tomatoes and serve.

Nutritional analysis per serving: Calories 225; Total Fat 10 g; (Sat Fat 1.6 g, Mono Fat 6.5 g, Poly Fat 1.3 g) ; Protein 28g; Carb 5 g; Fiber 1.5 g; Cholesterol 68 mg; Sodium 83 mg

Food Exchanges per serving: Very Lean Meat: 3 1/2; Vegetables: 1; Fat: 1 1/2



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