



Nut Free Pesto with Grilled Chicken and Sautéed Tomatoes

Ingredients

Directions

Pesto

- 3 cups (packed) fresh basil
- ½ cup extra virgin olive oil
- ½ cup freshly grated parmesan cheese
- 6 cloves garlic, minced
- 1 tbsp fresh lemon juice
- ¼ tsp kosher salt
- pepper, to taste

Chicken and Tomatoes

- 2 tsp shallots
- 4 x 4 oz boneless chicken breasts
- 1 pint grape tomatoes, halved

1. Place 2 cloves garlic, fresh basil, lemon juice, parmesan cheese, pinch of salt and pepper in a food processor.
2. While the processor is running, slowly pour the olive oil through the feed tube in a steady stream. Process until smooth.
3. Scrape down the sides with a rubber spatula and pulse a few times until everything is incorporated.
4. Put pesto aside and lightly salt and pepper both sides of the chicken.
5. Lightly oil a sauté pan and put over medium heat. Add chicken to the center of the pan, cook 3-4 minutes per side.
6. Remove chicken from pan. Add halved tomatoes, garlic, shallots, 4 tablespoons of the pesto, salt and pepper, and cook until the tomatoes begin to soften.
7. Serve with chicken.
8. Store leftover sauce in the refrigerator.

Calories 310

Total Fat 3 g

Saturated Fat 1 g

Cholesterol 55 mg

Sodium 215 mg

Total Carbohydrate 44 g

Dietary Fiber 8 g

Sugars 23 g

Protein 29 g