

Chicken Breast with Tomatoes and Garlic Recipe

This Chicken Breast with Tomatoes combines tender pan fried chicken breast with sautéed juicy tomatoes, garlic, and herbs for an easy, flavorful weeknight 30 minute dinner recipe.



Prep Time: 8 minutes
Cook Time: 16 minutes
Total Time: 24 minutes
Servings: 8 servings
Calories: 163kcal

Chicken Breasts:

- 2-3 lbs chicken breasts (boneless & skinless)
- 1/2 tsp dried oregano
- 1/2 tsp salt
- Ground black pepper to taste
- Avocado oil

Sauce:

- 3 lbs ripe tomatoes 4 large, cut into half-moon shapes
- 5 garlic cloves minced
- 1/2 tsp dried oregano
- 1/4 tsp salt
- Ground black pepper to taste
- Basil or parsley finely chopped

Instructions

1. Cut chicken breasts into tenders. Sprinkle with 1/2 tsp oregano, 1/2 tsp salt and pepper to taste. Gently toss around to coat evenly.
2. Slice tomatoes and chop garlic.
3. Preheat large ceramic non-stick skillet on medium heat and swirl a bit of oil to coat. Add half of chicken and cook for 5 minutes or until golden brown on each side. Transfer to a dish and cook remaining chicken this way.
4. Reduce heat to low, add garlic and 1/2 tsp oregano. Cook for 1 minute, stirring frequently (add a bit of oil if there was none left from cooking chicken).
5. Layer tomatoes on top, sprinkle with 1/4 tsp salt and pepper to taste. Turn up the heat to medium and cook tomatoes for about 5 minutes, gently tossing them around (if tomatoes aren't juicy enough, add a splash of water).
6. When tomatoes have released their juices and turned into fresh tomato sauce, turn off the heat and return chicken back to skillet.
7. Gently tuck it in between tomatoes and sprinkle with fresh basil or parsley. Serve warm with gluten free spaghetti, quinoa, brown rice or buckwheat.