

Chicken with Garlic-Caper Sauce

Prep/Total Time: 30 min.

Makes 4 servings



Ingredients

- 4 boneless skinless chicken breast halves (6 ounces each)
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground pepper
- 1 tablespoon olive oil
- 5 garlic cloves, minced
- 1/2 cup heavy whipping cream
- 1/3 cup white wine
- 1/4 cup chopped oil-packed sun-dried tomatoes
- 2 tablespoons capers, drained
- Hot cooked bow tie pasta

Directions

1. Flatten chicken slightly; sprinkle with salt and pepper. In a large skillet over medium heat, cook chicken in oil for 5-7 minutes on each side or until juices run clear. Add garlic; cook 1 minute longer.
2. Stir in the cream, wine, tomatoes and capers; cook until sauce is slightly thickened. Serve with pasta.