Creamy Tomato Chicken Skillet

Prep: 15 minutes | Cook: 25 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 4 ounces chicken with ⅓ cup sauce

Ingredients

1 teaspoon cumin

1 teaspoon paprika

1 teaspoon dried oregano

¼ teaspoon cayenne (optional)

¼ teaspoon salt

¼ teaspoon ground pepper

2 tablespoons olive oil

1 pound (16 ounces) boneless, skinless chicken breasts

1 (15-ounce) can diced tomatoes

½ cup lite coconut milk

Directions

1. In a small bowl, combine the cumin, paprika, oregano, cayenne (if using), salt, and pepper.
2. Pat the chicken breast dry with a paper towel and rub with the spice blend on all sides.
3. Heat medium skillet over medium heat.
4. Add oil and heat until shimmering.
5. Add the seasoned chicken breast and cook 5-7 minutes on each side, until cooked through and the internal temperature reaches 165°F.
6. Add the diced tomatoes and cook until heated through.
7. Stir in the coconut milk and heat for 2-3 more minutes.
8. Serve warm.

Recipe Notes

- Dairy or unsweetened non-dairy milk can be used in place of coconut milk.
- Substitute chicken thighs for the chicken breasts if desired.

Nutrition Facts Per Serving: Calories: 210 | Total Fat: 10 g | Saturated Fat: 1.5 g
Sodium: 340 mg | Total Carbohydrate: 4 g | Dietary Fiber: 1.5 g | Protein: 25 g

Adapted from diethood.com | Submitted by Robin LaCroix, RD, CSO
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