

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Savory Chicken Sauté

From The South Beach Diet by Dr. Agatston

Serves 4

2 tablespoons extra-virgin olive oil
4 boneless, skinless chicken breast halves
1 large onion, sliced
2 cloves garlic, minced
1 tablespoon fresh rosemary leaves, chopped
½ cup chicken broth (Look for one without MSG)
Salt and freshly ground black pepper to taste

Heat the oil in a large skillet over medium heat. Sauté the chicken breasts in the oil for 4 minutes, then turn them over and add the onion. Cover and cook for 3 minutes longer, stirring occasionally. Add the garlic, rosemary, and broth. Cover and cook until the onion is tender-crisp, about 5 minutes longer, stirring occasionally. Season with salt and pepper.