

Baked Chicken in White Wine Sauce



Ingredients

- 2 tablespoons flour
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 4 (115 gram) boneless skinless chicken breasts
- 1 tablespoon olive oil
- 1/2 cup chicken broth
- 1/2 cup dry white wine
- 4 teaspoons grated Parmesan cheese

Instructions

1. Preheat oven to 180°C.
2. Combine flour, salt, paprika, and pepper in a shallow dish.
3. Dredge chicken in flour mixture.
4. Heat oil in an ovenproof frypan over medium heat.
5. Add chicken; cook 2 minutes on each side or until browned.
6. Add broth and wine.
7. Bring to a boil; remove from heat.
8. Cover and bake at 180°C for 30 minutes or until chicken is done.
9. Sprinkle with Parmesan cheese.

Makes 8, 60 gram servings

Per serving:

100 calories, 2 grams carbohydrate, 14 grams protein, 3 grams total fat, 0.6 grams saturated fat, 170 mg sodium, 34 mg. cholesterol

0mg; Total Carbohydrates 27gm; Dietary Fiber 2 gm; Protein 29gm.