

## Creamy Basil Sauce with Chicken

## INGREDIENTS

- » Nonstick vegetable cooking spray
  - » 4 oz chicken breast, boneless, skinned
  - » 1/4 (10 1/2-oz) can chicken broth, reduced sodium
  - » 2 tbsp onion, sliced
  - » 2 tbsp celery, sliced
  - » Pinch dried basil
  - » Pinch salt
  - » Pinch pepper
  - » 1 tsp flour
  - » 1/2 tbsp water
  - » 1/4 cup low-fat sour cream
  - » 1 tbsp Parmesan cheese
  - 2 oz fettuccini noodles, cooked
- » according to package directions without salt or fat

### Nutritional Content

Per Serving

Calories	466 cal	Cholesterol	91mg
Protein	39g	Sodium	743mg
Carbohydrate	50g	Calories from Fat	19%
Fat	10g	Fiber	3g
Saturated Fat	4g		

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## INSTRUCTIONS

In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add chicken breast. Cook 2 minutes on each side until browned. Remove chicken from skillet and set aside. Add broth, onion, celery, basil, salt, and pepper to the skillet. Return chicken to the skillet. Reduce heat and simmer covered for 10 minutes or until chicken is tender and no longer pink inside. In a small bowl, mix flour with water and add sour cream. Add mixture to the skillet and mix well. Cook over medium heat 4 to 5 minutes until thickened and bubbly. Serve over fettuccini noodles. Sprinkle with Parmesan cheese. Serves 1.