



Chicken Cutlet with Pesto sauce

Ingredients

- 1 pound chicken cutlets
- ¼ teaspoon salt, divided
- ¼ teaspoon ground black pepper, divided
- 1 tablespoon extra-virgin olive oil
- ½ cup finely chopped red onion
- ½ cup dry white wine
- ½ cup heavy cream
- ¼ cup pesto
- 1 medium plum tomato, chopped
- 2 tablespoons fresh basil, chopped

Instructions

Step 1: Cook the Chicken

Sprinkle the chicken cutlets evenly with ⅛ teaspoon salt and ⅛ teaspoon pepper. In a large skillet, heat the olive oil over medium-high heat. Add the chicken and cook for about 6 minutes, flipping once, until browned and cooked through. Transfer to a plate and set aside.

Step 2: Make the Sauce

Add the chopped red onion to the same skillet and sauté for 1 minute. Increase the heat to high and pour in the white wine, scraping up any browned bits from the pan. Let it reduce for about 2 minutes, until most of the liquid evaporates.

Step 3: Finish the Sauce

Reduce heat to medium. Stir in the heavy cream, any juices from the resting chicken, and the remaining salt and pepper. Let the mixture simmer for 2 minutes.

Step 4: Add Pesto and Tomatoes

Stir in the pesto and chopped tomatoes. Return the chicken to the skillet, turning to coat it well in the sauce. Cook for another minute until everything is warmed through.

Step 5: Serve

Divide the chicken and creamy pesto sauce among four plates. Garnish with fresh basil. Serve over your favorite pasta or low-carb veggie noodles.