



Photography: Theresa Raffetto

## Chicken Breasts with Goat Cheese and Fire-Roasted Tomatoes

*From "I Can't Believe It's Not Fattening"*

Hands-on Time: 7 MINUTES • Hands-off Time: 5 to 9 MINUTES

This dish is exceptionally easy to make and worth every second. That said, there is one thing to note: Be careful when checking the chicken for doneness. The tomatoes will likely drip into the chicken. If you cut into the chicken or poke it with a fork to test for doneness, be sure it's not the liquid from the tomatoes making the chicken look pink even if it's not.

- 4 (4-ounce) trimmed boneless, skinless chicken breasts
- Sea salt and pepper, to taste
- Olive oil spray
- 1/2 cup canned, drained, diced fire-roasted tomatoes or fire-roasted tomatoes with garlic
- 2 ounces (about 1/2 cup) goat cheese crumbles
- 2 tablespoons finely slivered fresh basil leaves, or more to taste (optional)

Preheat the oven to 350°F.

Season the chicken with salt and pepper.

Place a medium ovenproof nonstick skillet over high heat. When it's hot, lightly mist the skillet with spray and immediately add the chicken side by side to the pan so it does not touch. Cook the chicken just until it is golden brown on the outsides, 1 to 2 minutes per side.

Remove the pan from the heat and top each piece of chicken evenly with about 2 table-spoons of the tomatoes, followed by about 1/2 ounce of the cheese. Transfer the skillet to the oven and bake the chicken until it is no longer pink inside and the cheese is melted, 5 to 9 minutes. Top evenly with the basil, if desired. Serve immediately.

### **Makes 4 servings.**

Each (1 topped breast) serving has: 171 calories, 29 g protein, 2 g carbohydrates, 4 g fat, 2 g saturated fat, 72 mg cholesterol, trace fiber, 198 mg sodium

Recipes taken from *I Can't Believe It's Not Fattening* by Devin Alexander. Copyright c 2010 by Devin Alexander. Published by Broadway Books, a division of Random House, Inc. [www.devinalexander.com](http://www.devinalexander.com)