



# Skillet-Cooked Chicken Breasts with Tomatoes and Gorgonzola

Serves 6

## Ingredients:

2 teaspoons extra virgin olive oil  
1/3 cup minced red onion  
1/3 cup finely chopped fresh basil  
2 cups chopped tomato  
6 boneless, skinless chicken breast halves  
1 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
3 tablespoons crumbled Gorgonzola cheese

## Directions:

1. In a bowl, stir together olive oil, onion, basil, tomato, and 1/2 teaspoon salt. Set aside.
2. Set each chicken breast half between 2 sheets of plastic wrap and pound to 1-inch thickness. Sprinkle each side of each breast with the remaining 1/2 teaspoon salt and black pepper.
3. Coat a large nonstick skillet with cooking spray then heat over medium-high heat. Three chicken breasts at a time, cook until browned and done, about 4 minutes per side. Remove chicken from pan and keep warm while you finish cooking the remaining chicken.
4. Add Gorgonzola to bowl with tomatoes, stir to combine. Serve chicken with tomato-Gorgonzola mixture.

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**RecipeIntro:** Fine dining made easy at home.

**Week:** 201914

**Season:** Fall

**MainIngredient:** Chicken Breast

**CookingMethod:** Skillet