

# Savory Chicken Sauté

Serves/Yields: *4 Servings*

Prep. Time: *5 minutes*

Cook Time: *20 minutes*

Category: *Low Carb*

Difficulty: *Easy*

## Introduction

I usually double this recipe so there are leftovers for lunches during the week. I also cut the chicken breasts into big chunks rather than leaving them whole.

## Ingredients

2 Tbls. extra-virgin Olive oil  
4 boneless, skinless chicken breast halves  
1 large onion, sliced  
2 Cloves Garlic, minced  
1 Tbls. fresh Rosemary leaves, chopped  
1/2 cup fat-free Chicken Broth  
pinch of Salt  
pinch of freshly ground black Pepper

## Directions

Heat the oil in a large skillet over medium heat. Sauté the onion in the oil for only a few minutes. Add the chicken breasts. Cover and cook for 4 minutes, then turn them over and cook for 3 minutes longer, stirring occasionally. Add the garlic, rosemary, and broth. Cover and cook until the onion is tender-crisp, about 5 minutes longer, stirring occasionally. Season with salt and pepper.