



Creamy Cajun Chicken

Ingredients

- 2 large chicken breasts, sliced in half lengthwise
- Salt and pepper, to taste
- 1/4 tsp garlic powder
- 1/2 tsp + 1 Tbsp Cajun seasoning, low-salt or no-salt variety
- Flour for dredging
- 2 Tbsp butter
- 1 Tbsp olive oil
- 3 cloves garlic, minced
- 1/4 cup sun-dried tomatoes
- 1/4 cup chicken broth
- 1 cup heavy/whipping cream
- 1/2 cup freshly grated parmesan cheese

Directions

Cut the chicken in half lengthwise so you have four thinner cutlets. Sprinkle them with salt and pepper, garlic powder, and 1/2 tsp of the Cajun seasoning. Coat them in flour.

Add the butter and oil to a skillet over medium-high heat. Once the pan is hot, add the chicken. Cook it for 4-5 minutes per side or until it's nice and golden. Take the chicken out of the pan and set it aside.

Add the minced garlic, sun-dried tomatoes, and chicken broth to the pan. Let it bubble for about 30 seconds or so.

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Creamy Cajun Chicken

Directions, cont.

Cut the chicken in half lengthwise so you have four thinner cutlets. Sprinkle them with salt and pepper, garlic powder, and 1/2 tsp of the Cajun seasoning. Coat them in flour.

Add the butter and oil to a skillet over medium-high heat. Once the pan is hot, add the chicken. Cook it for 4-5 minutes per side or until it's nice and golden. Take the chicken out of the pan and set it aside.

Add the minced garlic, sun-dried tomatoes, and chicken broth to the pan. Let it bubble for about 30 seconds or so.