



Grilled Chicken Tarragon with Tomato Sauce



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons tarragon dried fresh chopped (or 2 teaspoons tarragon)
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 teaspoons garlic minced
- ☐ 1.5 pounds chicken breast cutlets
- ☐ 4 servings salt
- ☐ 4 servings bell pepper
- ☐ 14 ounce canned tomatoes whole peeled canned
- ☐ 0.3 water

- ☐ 3 Tbsp shallots diced
- ☐ 2 teaspoons balsamic vinegar
- ☐ 4 servings salt and pepper to taste

Equipment

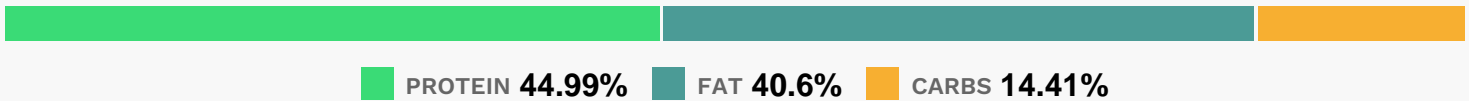
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ grill
- ☐ meat tenderizer

Directions

- ☐ Make garlic tarragon oil: In a medium bowl, combine 2 Tbsp olive oil, 1 teaspoon minced garlic, and 1 Tbsp of chopped fresh tarragon (or a teaspoon of dried tarragon).
- ☐ Prepare chicken cutlets: If your boneless, skinless chicken breasts are not already in cutlet form, slice them in half horizontally, or place them between two pieces of plastic wrap and use a meat pounder to pound them into an even 1/2-inch thickness.
- ☐ Sprinkle the cutlets with salt and pepper.
- ☐ Add them to the olive oil, garlic, tarragon mixture.
- ☐ Let sit at room temperature while you prepare the sauce and heat the grill.
- ☐ your grill for high, direct heat.
- ☐ Make the tomato tarragon sauce: While the grill is heating (whether it be charcoal or gas), prepare the sauce.
- ☐ Place the canned tomatoes in a food processor or blender and pulse until puréed.
- ☐ In a medium sauté pan, heat a tablespoon of olive oil on medium heat. When the oil is hot, add the minced shallots and garlic and cook until just fragrant, less than a minute.
- ☐ Add the puréed tomatoes and water to the shallots and garlic.

- ☐ Add the balsamic vinegar and 1 Tbsp of chopped fresh tarragon (or a teaspoon of dry tarragon).
- ☐ Add salt and pepper to taste. (If the sauce seems too acidic, you can add a pinch of sugar to balance the acidity.)
- ☐ Bring to a simmer and lower the heat to maintain a very low simmer while you grill the chicken.
- ☐ Grill the chicken: Grill the chicken cutlets until nicely browned and cooked through, about 2 minutes per side, less or more time depending on how thick the cutlets are.
- ☐ Serve with tomato tarragon sauce.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:2.64, Inflammation Score:-9, Nutrition Score:31.004782671514%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 343.13kcal (17.16%), Fat: 15.53g (23.89%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 9.31g (3.39%), Sugar: 6.47g (7.19%), Cholesterol: 108.86mg (36.29%), Sodium: 733.93mg (31.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.72g (77.43%), Vitamin C: 109.45mg (132.66%), Vitamin B3: 19.52mg (97.58%), Vitamin B6: 1.73mg (86.49%), Selenium: 55.06µg (78.66%), Vitamin A: 2647.15IU (52.94%), Phosphorus: 413.65mg (41.37%), Potassium: 1112.84mg (31.8%), Vitamin B5: 2.81mg (28.08%), Manganese: 0.52mg (25.77%), Vitamin E: 3.69mg (24.61%), Vitamin B2: 0.34mg (19.88%), Magnesium: 78.5mg (19.62%), Iron: 3.24mg (17.99%), Folate: 61.2µg (15.3%), Vitamin B1: 0.21mg (14%), Vitamin K: 13.27µg (12.64%), Fiber: 3.09g (12.35%), Zinc: 1.5mg (9.99%), Calcium: 90.89mg (9.09%), Copper: 0.16mg (8.15%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)