

SAUCES & DIPS

Olive and Sun-Dried Tomato Sauce over Chicken

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$6.04	468 kcal

Olive and Sun-Dried Tomato Sauce over Chicken might be a good recipe to expand your sauce recipe box. For \$6.04 per serving, this recipe covers 40% of your daily requirements of vitamins and minerals. One portion of this dish contains about 48g of protein, 10g of fat, and a total of 468 calories. Th...

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 2 cups cooked couscous
- ☐ 2 tablespoons chopped fresh parsley
- ☐ 1 teaspoon chopped fresh thyme
- ☐ 2/3 cup kalamata olives, pitted
- ☐ 8 ounce oil-packed sun-dried tomato halves
- ☐ 1 tablespoon capers
- ☐ 1¼ cups fat-free, less-sodium chicken broth
- ☐ 1 teaspoon chopped fresh rosemary
- ☐ 1 garlic clove, minced
- ☐ 24 ounce skinless, boneless chicken breast halves

EQUIPMENT Food processor, Bowl, Sieve, Blender, Grill

Method

- 1

Prepare grill to medium-high heat.

- 2 Drain sun-dried tomatoes in a sieve over a bowl, reserving oil.
- 3 Place 1 1/2 tablespoons reserved oil in a blender or food processor. Coarsely chop 2/3 cup drained tomatoes; place in blender or food processor.
- 4 Place remaining oil and tomatoes in sun-dried tomato jar; reserve for another use.
- 5 Add broth and next 7 ingredients (through garlic) to blender or food processor; process until smooth.
- 6 Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- 7 Serve chicken over couscous; top with sauce.

Nutrition per serving

468	48 g	10 g	52 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.7 g · 11% of daily needs
Fibre			9 g · 36% of daily needs
Sugar			21.8 g · 24% of daily needs
Sodium			960 mg · 42% of daily needs
Cholesterol			109 mg · 36% of daily needs
Vitamin C			28.1 mg · 34% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/olive-and-sun-dried-tomato-sauce-over-chicken-148464