



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### CHICKEN IN SUNDRIED TOMATO CREAM SAUCE

2 tablespoons olive oil	1/3 cup freshly grated parmesan cheese, at room temperature
3 large chicken breasts, approximately 1 ½ - 2 pounds	½ cup sundried tomatoes
Salt and pepper, to taste	1 teaspoon dried oregano
2 cloves garlic, minced	½ teaspoon red pepper flakes
¾ cup chicken broth	Basil, chiffonade, for garnish
½ cup heavy cream	

1. Preheat oven to 375 degrees F. Liberally season each chicken breast with salt and pepper on both sides.
2. Heat olive oil in cast iron skillet over medium-high heat. When hot, add chicken to skillet. Sear 3 to 4 minutes, then flip and sear on other side for 3 to 4 minutes.
3. Remove seared chicken from skillet and set aside. Add garlic to skillet and cook until fragrant, approximately 1 to 2 minutes.
4. Stir in broth and heavy cream, then slowly add grated parmesan, sun dried tomatoes, oregano, and red pepper flakes. Bring mixture to simmer, then return chicken breasts to skillet. Quickly flip chicken a time or two to coat in sauce, then transfer entire skillet to oven.
5. Bake for 15-20 minutes, or until chicken reaches internal temperature of 165 degrees F.
6. Remove chicken from skillet and plate with desired sides. Spoon additional sauce from skillet over chicken, garnish with chiffonade basil, and serve immediately.