



PERFORMANCE Weight Loss Clinic

10466 Airline Hwy., Suite C
Baton Rouge, LA
(225) 295-3908

WE DON'T TEACH PEOPLE HOW TO DIET... WE TEACH PEOPLE HOW TO EAT

SPICY TOMATO-JALEPENO CHICKEN BREASTS

PER SERVING



Net Carbs: 4 grams

Total Carbs: 4 grams

Fiber: 0 grams

Protein: 40 grams

Fat: 8 grams

Calories: 262

Servings: 4

Prep time: 10 minutes

Cook time: 15 minutes

This piquant entrée can be on the table in less than half an hour. Be sure not to let the sauce boil: The low simmer keeps the chicken tender. For extra heat, garnish with fresh sliced jalapeños.

4 (6- to 7-ounce) boneless, skinless chicken breast halves

Salt and pepper

1 tablespoon olive oil

1 (14½-ounce) can petite-cut diced tomatoes
with zesty jalapeños (such as Del Monte's)

1 tablespoon capers, rinsed and drained

1 tablespoon minced fresh oregano or 1 teaspoon dried

1 Sprinkle chicken on both sides with salt and pepper.

Heat oil in a 12-inch skillet over medium-high heat.

Arrange chicken in a single layer and cook without moving 3 minutes, until browned. Turn and cook 2 to 3 minutes more.

2 Add tomatoes, capers, and oregano to skillet. Reduce heat to medium-low; cover and simmer 9 minutes until chicken is just cooked through. Transfer chicken to plates and spoon sauce over top.