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quick & easy herb chicken

We recycle. We walk more than drive. But, we're willing to deforest Mother Nature's herb garden for the sake of this aromatic chicken. Don't start picketing us – this earthy, savory sauce of oregano, thyme and parsley is our favorite renewable resource. o serve up (sloppy) smiles.

SERVES: 6



julie albert
& lisa gnat

ingredients

- 2 large egg whites
- 1 cup breadcrumbs
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 6 boneless, skinless chicken breast halves
- 3 tbsp olive oil

Herb Sauce

- 1 tbsp olive oil
- 1/4 cup finely sliced green onions
- 1 tsp dried oregano
- 1 large garlic clove, minced
- 1 tsp dried thyme
- 2 tbsp finely chopped fresh flat-leaf parsley
- 1/2 cup balsamic vinegar
- 3 cups chicken broth
- 4 tbsp tomato paste

directions

1. Place egg whites in a small dish. On a large plate, combine breadcrumbs, oregano, basil, salt and pepper.
2. Dip each chicken breast in egg whites, then coat in breadcrumb mixture, patting well to adhere.
3. In a large skillet, heat 3 tbsp olive oil over medium-high heat. Brown chicken breasts, about 2 minutes per side or until golden. Remove from pan and set aside.
4. After wiping the skillet clean, heat 1 tbsp olive oil over medium heat. Add green onions, oregano, garlic, thyme and parsley. Sauté for 1 minute, stirring constantly. Add balsamic vinegar and cook for 2 minutes. Add chicken stock and tomato paste, bring to a boil and then reduce heat to low, simmering uncovered for 2 minutes. Return chicken breasts to skillet, simmering covered for 20 minutes.



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