

Chicken with Shallots

Adapted from [Barefoot Contessa - How Easy is That?](#)

Ingredients:

4 boneless chicken breasts (6 ounces)
kosher salt and freshly ground black pepper
3 tablespoons extra-virgin olive oil
1/2 cup dry white cooking wine
1/3 cup freshly squeezed lemon juice (about 3 lemons)
2 tablespoons lemon zest
1/4 cup minced shallots (1 large)
3 tablespoons heavy cream
4 tablespoons unsalted butter, diced, at room temperature
1 tablespoon Italian parsley, chopped

Preparation:

Preheat the oven to 400 degrees.

Wash the chicken breasts and pat dry with paper towels. Sprinkle with salt and pepper on both sides.

In a large cast-iron skillet over medium high heat, warm the olive oil for 2 minutes. Place the chicken breasts in the skillet and cook for 4 to 5 minutes without moving until golden brown.

Using tongs, turn the chicken breasts to the other side and place the skillet in the oven. Roast for 12 to 15 minutes until the chicken is cooked through.

In a medium saute pan, combine the white wine, lemon juice and shallots and cook over medium-high heat for about 5 minutes until reduced. If it reduces too much, add an extra splash of white wine or water. Add the heavy cream, 1 teaspoon salt and 1/4 teaspoon pepper and bring to a full boil.

Remove from the heat, add the diced butter and stir together lightly until combined. Don't reheat the sauce or it will break. Finish with a little bit more salt and spoon the sauce over the chicken.

Garnish with chopped Italian parsley and serve.

Yield: 4 servings

Nutritional Data: Calories: 443; Carbs: 3g; Sugar: 1g; Fiber: 0g, Fat: 31g