



Chicken with Rosemary Sauce

Cooking Light, Chicken

Cooking Light suggests serving this with pasta. Feel free to substitute rice, lentils, or whatever you happen to have. If you do serve this with pasta, make the sauce as loose or as thick as you like it on your noodles.

My notes say to pound the breasts thin in order to get them to cook in the times stated. But I always forget to do that. You could use the pan/oven method that makes [Chicken With Lime Butter](#) perfectly cooked in less than 15 minutes. I should too. Because that's pretty foolproof. Trying to get your chicken breast to finish cooking in the sauce without becoming tough and dried out...not so much.

- 8 ounces uncooked angel hair pasta
- 2 teaspoons olive oil
- 4 (6 ounce) skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 cup chopped green onions
- 1/3 cup dry white wine
- 1 teaspoon minced fresh rosemary
- 1/2 cup chicken broth
- 1/3 cup whipping cream (I used half and half, to make this truly SB Friendly you could use fat free half and half)
- 2 tablespoons chopped green onion (optional)

Cook pasta according to directions.

While pasta cooks, heat oil in a large nonstick skillet over medium high heat. Sprinkle chicken with salt and pepper and add to pan. Cook 3 minutes on each side or until lightly browned. Add 1/2 cup onions, white wine, and rosemary and cook for 30 seconds. Stir in broth and cook 2 minutes or until chicken is done. Add cream and cook 2 minutes.

Garnish with 2 tablespoons green onions, if desired.