



Fossil Farms Sautéed Chicken Breast with Swiss Chard and Cherry Tomatoes

Ingredients

1 package [Fossil Farms Boneless Skinless Chicken Breast](#)
1 cup cherry tomatoes, sliced in half
1 bunch Swiss chard, washed and julienned
1 shallot, chopped
3 cloves garlic, chopped
½ cup chicken broth
1 tbsp. butter, cubes
1 half lemon juice
Parsley, chopped for garnish
¼ seasoned all-purpose flour
Vegetable oil as needed
Kosher salt and fresh black pepper as needed

Directions

Fillet chicken breast into flat even pieces. Season with salt and pepper. Generously coat chicken breast in seasoned flour until covered. Sauté chicken on medium high heat in vegetable oil until golden brown and cooked through. Let rest on paper towels.

Using the same pan, reduce heat and add garlic and shallot. Sauté until translucent. Add sliced cherry tomatoes, Swiss chard and chicken broth and reduce liquid by 3/4 over medium heat to create a sauce. When liquid has reduced, add lemon juice and place chicken back in pan. Turn heat off and add butter. Garnish with parsley and serve.