



Sun-Dried Tomato Chicken Breasts

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 4 chicken breasts (about 2 lbs)
- 1 cup Sun-dried Tomato & Roasted Red Pepper dressing (see below)
- ½ teaspoon coarse ground pepper
- 2 teaspoon O&V [Tuscan Dipping Seasoning](#) *
- 1 teaspoon O&V [Smoked Paprika](#) *
- 2-3 tablespoons O&V [Garlic EVOO](#) or [Unflavored EVOO](#) (divided) *

Sundried Tomato & Roasted Red Pepper Dressing

- ½ cup O&V [Pomodoro della Mamma](#), drained and roughly chopped
- ¼ cup O&V [Bronze IGP Balsamic](#) *
- 2 -3 cloves garlic, roughly chopped
- 2 large pieces of O&V **Roasted Red Peppers**, roughly chopped *
- 2 teaspoons O&V [Garlic Mustard](#) (or Dijon mustard if preferred) *
- ¼ cup fresh basil leaves
- ½ cup water (more to get to desired consistency)
- ¾ cup O&V [Unflavored EVOO](#)*
- ½ teaspoon kosher salt
- ½ teaspoon cracked black pepper
- Optional garnishes of basil leaves, chopped sundried tomatoes and black olives

Preparation

Preheat the oven to 425 F

Prepare the dressing first. Add the mustard, balsamic vinegar, chopped sundried tomatoes, red peppers, garlic, basil and ½ cup of water to a blender. Blend until the mixture is smooth.

With the blender still running, slowly drizzle in the olive oil until the dressing is emulsified. If the consistency is too thick, add a tablespoon of water at a time and blend till the mixture is thick but pourable. Season with salt and pepper to taste.

Pat the chicken breasts dry and add to a bowl. Add the Tuscan Dipper Seasoning, paprika and pepper to the chicken along with 1 tablespoon of EVOO. Rub the spices into the chicken well, until chicken is well coated.

Heat the remaining oil in an ovenproof skillet over medium high heat and add the chicken in an even layer (don't overcrowd the pan) and sear for 4-5 minutes on one side without moving them.

Flip the chicken pieces over, remove from the heat and add 1 cup of prepared dressing. Transfer the skillet to the oven (uncovered) and cook for 18-22 minutes basting at the halfway mark. Check the internal temperature of the chicken with a meat thermometer and remove from the oven when the chicken reaches 165F. Remember the skillet including the handle will be very hot!

Slice the chicken and serve with any remaining sauce from the skillet or additional dressing to drizzle. Serve over rice or orzo and garnish with fresh basil leaves, chopped sundried tomatoes and sliced black olives.

Refrigerate any leftover dressing in an airtight container or mason jar and use within two weeks on salads, over salmon or over pasta.

Serves 4

Active time 15 minutes Total Time: 40 minutes

Notes

* The [Tuscan Dipper Seasoning](#) and [Garlic EVOO](#) create wonderful flavor while the [Smoked Paprika](#) provides smoky depth and color to the chicken. You can use your favorite seasoning blend, but don't skip the paprika – it adds so much to the dish.

The dressing uses the [Roasted Red Peppers](#) and the [Garlic Mustard](#) for taste and texture. I love that the [Pomodoro della Mamma](#) is not chewy and stringy like many other sundried tomatoes, so if you are going to substitute, please look for a nice high-quality version that makes a smooth dressing. The [IGP Bronze Balsamic](#) has a unique raisin-y sweet and tart flavor that is essential to this dressing.

All highlighted products are available at [Oil & Vinegar stores](#)