

Creamy Chicken and Thyme

By: Dottie Baltz

Makes 4 Servings

- ~ 4-4oz. boneless skinless chicken breasts
- ~ 1-14.5oz. can of reduced sodium, non-fat chicken broth
- ~ 1 tablespoon flour
- ~ 1/2 reduced-fat sour cream
- ~ 1/2 teaspoon dried parsley
- ~ 1/4 teaspoon salt
- ~ 1/4 teaspoon dill weed
- ~ 1/4 teaspoon dried thyme
- ~ 1/8 teaspoon onion salt
- ~ 1/8 teaspoon black pepper

Pound chicken breasts with a mallet so they are an equal thickness all the way around. Place the breasts in a non-stick skillet with 1/2 cup of chicken broth. Bring to a boil. Reduce heat, cover and simmer for 10-12 minutes, turning the chicken once.

Remove chicken from pan and keep warm. Add remaining broth and bring to a boil. Reduce heat to low. Combine the flour and sour cream and then whisk into the pan of chicken broth. Stir in the remaining spices and simmer uncovered for 5 minutes until slightly thickened.

Return chicken to the pan and remove from heat.

Serve chicken immediately with a side of egg noodles or mashed potatoes and serve with 1/4 cup of the sauce.