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## **Chicken with White Wine Tomato Sauce**

### **Ingredients:**

4, 3 oz. chicken breasts  
60 ml pesto  
1/8 cup olive oil  
1 sliced red pepper  
1/2 sliced onion  
1 clove garlic, minced  
1/2 cup white wine  
1 cup Italian tomatoes  
1/4 cup low fat parmesan cheese  
1/4 cup low fat mozzarella cheese

### **Directions:**

1. Begin by brushing the chicken breasts with pesto.
2. Next, heat the olive oil in a skillet over medium heat.
3. Add red peppers and onions along with garlic and continue to cook until slightly tender.
4. Place chicken into the pan and cook until browned and no longer pink inside.
5. Add in the tomatoes and white wine, turn down to low heat and simmer for 10 minutes.
6. Finally, sprinkle with Parmesan and mozzarella cheese, cooking for 30-60 longer or until cheese is slightly melted.
7. Serve immediately.