
Nutrition News

Fresh Tomatoes: A Tasty Solution to Healthy Eating

(NAPSA)—If you're thinking about your health or watching your weight, you're probably on the lookout for recipes that are low cal...or low fat...or maybe low carb. Search no further. Chicken with Herbed Fresh Tomato Sauce not only meets all those criteria, but tastes so good you'll be proud to serve it to your family or guests.

This one-skillet main course is made by combining juicy fresh tomatoes, garlic and tarragon to create a quick sauce for sautéed boneless chicken breasts. Melted Swiss cheese adds the perfect finishing touch to this delicious and healthful dish. Serve with quick cooking couscous or rice and dinner is ready in less than 30 minutes.

Gorgeous red tomatoes are a feast for the eyes and they're good for us, too. Lycopene, the substance that gives tomatoes their bright pigment, is a powerful antioxidant believed to reduce the risk of heart disease and certain kinds of cancer. Lightly cooking tomatoes, as in this recipe, helps release more lycopene for absorption by our bodies.

Fresh tomatoes from sunny Florida are in season right now. If they're not ready to eat, bring them home—but don't put them in the refrigerator! Chilly temperatures stop the ripening process and destroy flavor. Instead, place the tomatoes on your kitchen counter or in a bowl until they soften and turn red—ready to slice or chop for healthful salads, sandwiches, stir-fries and more.



Chicken with saucy fresh tomatoes makes it easy to stick to your diet.

CHICKEN WITH HERBED FRESH TOMATO SAUCE

- 1 pound fully ripened fresh Florida tomatoes**
- ¼ cup flour**
- 1 teaspoon salt**
- ¼ teaspoon ground black pepper**
- 2 tablespoons olive oil**
- 4 boneless skinless chicken breast halves (about 1¼ pounds)**
- 3 teaspoons minced garlic**
- ½ teaspoon dried tarragon**
- 2 ounces Swiss cheese slices, cut in ¼-inch strips (about ½ cup)**

Core and coarsely chop tomatoes (makes about 3 cups); set aside. On a plate, combine flour, salt and pepper. Coat chicken breasts with seasoned flour, patting to remove excess.

In a large skillet (preferably nonstick), over medium heat, heat oil until hot. Add chicken. Cook over medium heat until chicken is no longer pink in the center, about 4 minutes on each side. Remove chicken and keep warm. In the same skillet, combine reserved tomatoes, the garlic and tarragon; cook and stir over low heat until some of the liquid evaporates and a sauce is formed, about 10 minutes. Return chicken to skillet; spoon tomato sauce over chicken and top with cheese. Cover and heat until cheese melts slightly, about 2 minutes. If desired, serve with couscous or rice.

Yield: 4 portions

Per portion: 330 calories, 39 g protein, 13 g fat, 14 g carbohydrate, 723 mg sodium