

Creamy Herb Chicken

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-grilled-herb-cheese-on-a-stick-recipe>

Ingredients:

- 6 boneless skinless chicken breasts
- 2/3 cup chicken broth
- 4 3/8 ounces herb cheese spreadable, we use Boursin
- 1 shallot minced
- 1 clove garlic minced
- 1/2 lemon zested and juiced
- 2 tablespoons extra-virgin olive oil divided
- 1 tablespoon all-purpose flour
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried tarragon
- kosher salt
- freshly ground pepper

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 95 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 32 grams
7. SaturatedFat: 6 grams
8. Sodium: 410 milligrams

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