

SAUTEED CHICKEN WITH BASIL AND MINT

1 T. oil
4 minced garlic cloves
2 boneless, skinless chicken breast halves
1 T. minced fresh basil
1 T. minced fresh mint
1/4 t. ground pepper (with a touch of allspice)
cayenne pepper
1 c. chicken broth
salt

Brown chicken and garlic in hot oil. Add herbs, pepper, cayenne and broth. Simmer covered for 10 to 15 minutes. Remove chicken. Reduce liquid by half. Season with salt. Spoon sauce on chicken to serve. Good with lemon bulgur.

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