

TV Dinner

GOAT CHEESE CHICKEN WITH SUNDRIED TOMATOES AND BALSAMIC REDUCTION

Ingredients

- » 2-3 T olive oil (don't cheap out — get the good stuff!)
- » 10 cloves garlic finely chopped
- » 10 ounces goat cheese (you can use plain or herbed)
- » ½ cup balsamic vinegar
- » 3 sun-dried tomatoes, julienned
- » 4 boneless, skinless chicken breasts
- » 1 T butter
- » Salt and pepper

Preheat oven to 375 degrees. Heat 1 tablespoon olive oil in a sauté pan. Add garlic & sauté for 1 minute or so until golden brown. Remove from heat and set garlic aside in a mixing bowl. Add goat cheese with 1 tablespoon balsamic vinegar and sundried tomatoes to the garlic in the mixing bowl. Mash together with a fork and set aside. Heat a large sauté pan on medium/high heat. Sprinkle chicken with salt and pepper (I like to use Himalayan Sea Salt and fresh cracked pepper). Add 2 tablespoons olive oil and chicken to the pan. Cook for 4-5 min on each side until you get a nice sear on the chicken. Remove from heat & save pan for the sauce. Put chicken in an oven-safe casserole dish. Spread your goat cheese mixture over each breast, dividing equally. Place chicken in oven for about 20-25 minutes. While your chicken is cooking, get your sauté pan to a medium/high heat. Add ½-cup balsamic vinegar. Scrape the tasty bits off the bottom of pan and reduce sauce for about 1 minute until thick & syrupy. Turn off heat & add butter, stirring until you get a nice, shiny texture. Remove chicken from oven. Drizzle balsamic syrup over the goat cheese chicken breasts . . . simple and delicious! Garnish with a fresh basil leaf or parsley if you have it! Yum!



Fiona Forbes

Her Goat Cheese Chicken is great for cutting carbs

“My girlfriends and I started a little supper club where we take turns hosting dinner. It's a great way to catch up and learn some new tricks in the kitchen . . . and, oh yes, drink some wine and laugh a lot!” says **Fiona Forbes**, host of *The Rush*.

After those gal-pal dinners, the party host's recipe is shared by email. One of Forbes' friends made this goat cheese chicken dish for her about 10 years ago, and Fiona has tweaked it slightly by adding sundried tomatoes.

“This is a recipe I usually make when

THE RUSH

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Shaw TV

I'm trying to cut down on carbs,” she says. “I usually serve it with a simple green salad, or quinoa is great too.”

Forbes loves cooking at home, and counts chefs **Rob Feenie** and **Vikram Vij** as huge inspirations. “Doing my show has given me the opportunity to learn tips from some of the best chefs in our country.”

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