**Creamy Pesto Chicken**

Total Time

Prep: 20 min. Bake: 20 min.

Makes

2 servings

You really won't miss the cheese at all in this dairy-free pesto. It's especially good over cauliflower rice or gluten-free pasta. —Courtney Stultz, Weir, Kansas

Ingredients

1 tablespoon balsamic vinegar

1 teaspoon olive oil

1 teaspoon dried oregano

1/2 teaspoon minced garlic

1/4 teaspoon salt

2 boneless skinless chicken breast halves (6 ounces each)

pesto:

1/4 cup loosely packed basil leaves

1/4 cup packed fresh parsley leaves

1/4 teaspoon salt

1/4 cup canned coconut milk

Directions

Preheat oven to 350°. Combine the first 5 ingredients; brush over chicken. Place in a greased 8-in. square baking dish. Bake until a thermometer reads 165°, 20-25 minutes.

Meanwhile, place basil, parsley and salt in a small food processor; pulse until chopped. While processing, gradually add coconut milk in a steady stream until mixture is pureed. Serve with chicken.

<https://www.tasteofhome.com/recipes/creamy-pesto-chicken/>

Test Kitchen tips

It's important to get the correct coconut milk. The ones in the refrigerated dairy case have a tendency to curdle in this recipe, so be sure to grab the canned variety.

Try the pesto mixed with pasta, spooned onto fresh sliced tomatoes or drizzled over sunny-side up eggs.

Nutrition Facts

1 chicken breast half with 2 tablespoons pesto: 261 calories, 11g fat (6g saturated fat), 94mg cholesterol, 684mg sodium, 4g carbohydrate (3g sugars, 1g fiber), 35g protein. Diabetic exchanges: 5 lean meat, 1-1/2 fat.