

Trim Healthy  
**W I S D O M**  
Bashed Chicken (FP)

*(S - Chicken isn't always my "choice pick" for protein as I find it dry and tough much of the time, especially when I cook it in a rush and not slow in a crock pot or "soup simmer" style. The following recipe surprised me. My daughter Chalice made it for me when I was visiting her once at lunchtime. She bashed the chicken and then poached it. It only took a jiffy to cook up, and it turned out lovely and tender. I've adopted the recipe now, and my favorite way of using it is in a fresh salad loaded with greens, along with my Tarragon Lemmonerette. It is also delish when served as an E Meal with a quinoa or black or brown rice pilaf on the side with your favorite steamed and seasoned veg. It is also equally delish, sliced into wedges and dunked into the Super Quark Ranch Dip or Super Quark Tzatziki Dip. Note – I usually make 4 breasts at a time; I gave you the 2 serving version to start with, but if you enjoy this style of chicken, double up on the ingredients next time because it is handy to have 4 chicken servings ready for your week ahead!)*

Makes Two Servings

(One single-serve meal now and another for a quick meal later.)

INGREDIENTS:

- 2 chicken breasts  
(fresh or thawed from frozen)
- 1/2 cup high protein organic chicken broth  
(see page 823 of Trim Healthy Wisdom)
- seasonings of choice: [TH Mineral Salt](#),  
fresh cracked black pepper, onion powder,  
garlic powder, and dried dill to taste
- coconut or olive oil cooking spray

INSTRUCTIONS:

1. Place the chicken breasts in a medium to large frying pan or saucepan. Using a meat tenderizer, bash the breasts on both sides with gusto so they become thinner and wider. The meat tenderizer won't hurt your pan, as the chicken



isn't thin enough to allow the basher to hit the pan. (You can do the bashing part on a board if you prefer; the in-pan way just means you don't have to wash a board.)

2. Lightly spray the top sides of the chicken with coconut or olive oil. Turn them face down, then sear the bottom side on high heat for just a minute or two. Spray the upper side very lightly and repeat the searing process on the other side (keep the searing process quick).
3. Pour the chicken broth over the chicken. Add the seasonings of choice (don't go too heavy with seasonings, as you will season again at the end). Allow the broth to come to a quick boil, then turn down the heat to low and allow the broth to simmer gently. Place a lid on the pan. Poach the chicken breasts until they are lovely and tender, flipping over to the other side after a bit.
4. Once cooked through (it shouldn't take long), drain the broth and cut the breasts in the pan... or out of the pan if your pan is coated with a non-stick coating. Spray the cubes very, very lightly with the oil again and season once more with the seasonings.