Pan Seared Rosemary Chicken Breast

Ingredients
Chicken Breast 2, 4-5 oz pieces
Rosemary 1 oz
Garlic 1 oz
Salt and pepper to taste
Canola oil 1 ½ tablespoons to sear chicken
Cremini Mushrooms quartered
Cherry tomatoes whole
1 tablespoon Canola oil
2 oz low sodium chicken stock

Remove any fat and rinse chicken breast pat dry place in bowl
Fine chop garlic and rosemary. Add to chicken breast mix well with salt and pepper.

Let it stand 5 minutes Heat pan to med high add 1 ½ tbsp oil.

When hot, place chicken Smooth side down and sear 6 minutes,
on each side or until done without burning pan. Plate.

In separate pan, med high heat ½ tbsp hot and sauté until blistered remove put to side.

In same hot pan add ½ tbsp oil, sauté mushrooms until brown, deglaze with chicken stock. Add tomatoes for 30 seconds and place on top of chicken.