

Main Course

Chicken and Tomatoes

**Gluten-Free*

The sauce for this chicken dish is versatile! Use it to top other foods such as sautéed zucchini, eggplant, and pasta.

You'll Need

- 4 chicken breast halves
- 4 cups tomatoes, chopped
- 1 small onion, chopped
- 2 tablespoons tomato paste
- 1/2 red pepper, seeds removed and chopped
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1/2 teaspoon oregano
- 1/4 teaspoon salt
- 2 garlic cloves, minced
- 1/4 teaspoon crushed red pepper (optional)
- Olive oil



Directions

- Arrange the chicken in the bottom of an oven-proof casserole dish that has been coated with olive oil.
- Place tomatoes, onions, red peppers, tomato paste, basil, thyme, oregano, salt, garlic, and crushed red pepper in a blender.
- Process on medium speed until smooth.
- Pour the sauce over the chicken.
- Cover and bake at 350° F for 30 minutes.
- Remove cover and continue baking for 10 minutes more.

Play with Your Food

- Top with fresh basil
- Top with a pinch of parmesan cheese
- Serve over pasta