



## Chicken, Cheese and Tomato

A serving of cheesy chicken and fresh tomatoes.

### Serving Size – Serves 4

#### Ingredients

- 2 Tablespoons of olive oil
- 1 lb of boneless chicken
- 3 cloves of minced garlic
- ½ of dried Italian seasoning or basil or thyme
- 1 can of tomatoes
- ¼ teaspoon of salt
- ½ cup of shredded cheese
- Black pepper to taste

#### Instructions

1. Prepare your ingredients: put the chicken into a heavy plastic bag and hit until it reaches an even thickness of about ½ inch. Mince the garlic, dice the tomatoes or drain the can they came in.
2. In a large pan, heat the oil over MEDIUM-HIGH heat until it sizzles.
3. Cook the chicken until lightly brown (2-3 mins per side). Set aside.
4. Add 1 Tablespoon of oil to the pan and reduce the heat to LOW.
5. Add the garlic and dried herbs, heat for 30 seconds.
6. Stir in the tomatoes with oil and herbs for 5 minutes. Season with salt and pepper.
7. Cut the chicken across to make big, thin (1/2 inch) slices.
8. Return chicken to pan and coat with the tomato sauce. Top with ½ cup shredded cheese. Serve when cheese melts.



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