

Italian Chicken

Servings: 2

Adapted from <http://aaronandjillw.blogspot.com/2011/08/italian-chicken.html>

Ingredients

2 roma tomatoes, chopped
1 tsp minced garlic
6 oz can artichoke hearts, drained
1 Tbsp extra virgin olive oil
1/4 tsp salt
1/4 tsp pepper
1/2 tsp Italian seasoning
1 Tbsp all-purpose flour
2 boneless, skinless chicken breasts
1/2 cup 2% shredded mozzarella cheese

Preparation

1) Preheat oven to 350 degrees.
2) In a large bowl, mix together first 8 ingredients (through flour).
3) Place chicken breasts in a baking dish and top with vegetable mixture.
4) Place in a 350 degree oven and bake until the chicken is almost done, about 25 minutes. Sprinkle with mozzarella cheese and broil until cheese is brown and bubbly.
Serve warm.

Roasted Cauliflower

Servings: 3

Adapted from <http://www.skinnytaste.com/2009/09/oven-roasted-cauliflower.html>

Ingredients

1 head uncooked cauliflower florets, cut small
1 teaspoon minced garlic
1/8 cup olive oil
1/8 teaspoon salt
1/8 teaspoon pepper
1 teaspoon lemon juice
1 tablespoon grated Parmesan cheese

Preparation

- 1) Heat oven to 450 degrees F.
- 2) Combine all ingredients, except cheese, and stir so that each floret is coated.
- 3) Spread onto a large baking sheet and roast in the oven for 25-30 minutes, turning occasionally so they are evenly cooked.
- 4) Top with Parmesan cheese and serve.