Seasonal Eating

UT Extension

Chicken with Italian Tomatoes

1 (14 1/2-ounce) can diced tomatoes
1/2 onion, chopped
6 ounces fresh mushrooms, sliced
1/2 teaspoon dried basil
1/2 teaspoon dried rosemary
1/4 teaspoon dried oregano
4 tablespoons olive oil, divided
2 teaspoons balsamic vinegar
1/4 cup halved kalamata olives
2 teaspoons rinsed and drained capers
1/4 teaspoon salt
4 small to medium boneless, skinless chicken breasts
Salt and pepper

Lightly drain the tomatoes and place in a bowl. Add onion, mushrooms, basil, rosemary, oregano and 1 tablespoon of the olive oil. Toss to coat and pour onto a parchment lined baking sheet in a single layer. Bake at 350 degrees for about 30 minutes or until mushrooms are cooked and tomatoes are slightly darkened and concentrated. Remove from oven and spoon back into bowl, add another tablespoon of olive oil, balsamic vinegar, olive, capers and salt. Meanwhile, sprinkle chicken with salt and pepper and heat remaining 2 tablespoons of olive oil in a skillet. Add chicken and cook until halfway done. Turn over and spoon tomato mixture over the top. Cover and cook until chicken is cooked through and topping is hot.

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