

Mozzarella Chicken



Ingredients

- 4 chicken breasts (boneless, skinless)
- 14 ounce can crushed tomatoes
- 1 small onion (chopped)
- 2 Tbsp chopped sundried tomatoes (in oil)
- Mozzarella cheese (4 slices OR 1 cup shredded)
- 1/2 Tsp italian seasoning
- 1/4 Tsp red pepper flakes
- 1 Tbsp olive oil
- Fresh basil
- Salt and pepper to taste

Materials: baking dish, skillet, oven

Instructions

1. Heat a non-stick skillet on medium/high heat, with olive oil.
2. Season chicken breast with salt and pepper.
3. Put chicken in skillet and cook for 4-5 minutes per side,
4. Remove chicken from skillet, Put on plate.
5. Cook onion in skillet for 4 minutes
6. Turn heat to low and add garlic. Cook for 1 minute, stirring well.
7. Add canned tomatoes, sundried tomatoes, seasoning, & red pepper flakes.
8. Once mixture starts to bubble, add 1/4 cup of water.
9. Preheat oven broiler
10. Simmer sauce for about 12 minutes.
11. Add chicken into pan and cover chicken well with sauce.
12. Place cheese on top of chicken.
13. Place skillet under broiler for up to 2 minutes, to melt the cheese.



Makes 4 servings. Prep time: 10 min. Cook time: 30 min