

Chicken Marinara

Servings per recipe: 1

1 Serving = 1 protein, 1 vegetable

Ingredients

- 100 grams of chicken
- 100 grams of tomato, diced
- 2-3 cloves of garlic, minced
- 1 tsp oregano
- 1 tsp basil
- 1/2 tsp chili powder
- dash of garlic powder
- dash of pepper



Directions

- Preheat oven to 350 degrees F.
- Place 1/2 of the diced tomatoes in a casserole dish.
- Sear chicken on both sides for 1 to 2 minutes per side with a dash of garlic powder, sea salt and pepper in the pan as it cooks.
- Place the seared chicken on top of the tomatoes in the casserole dish with the minced garlic.
- In a small bowl, toss the remaining diced tomatoes with the remaining seasonings.
- Place the contents of the bowl on top of the chicken.
- Cover the dish tightly with foil (or use the lid if you have one).
- Cook for 45-60 minutes and serve warm.



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