



RECIPE | TOMATOES

CHICKEN POMODORO



35 min

5 min
PREP.

30 min
COOKING



4



easy

INGREDIENTS

Recipe created by *Heather Englund*

12 oz Pure Flavor® RedRoyals® Sweet Cherry Tomatoes On-the-Vine
3 boneless skinless chicken breasts
3 cloves garlic, minced
1 lb spaghetti, cooked per package instructions
2 cups broccoli, steamed
1 cup chicken broth
½ cup onion, chopped
¼ cup basil, finely chopped
¼ cup freshly grated Parmesan cheese

2 tbsp olive oil, divided
1 tsp dried oregano
1 tsp maple syrup
1 tsp sea salt, divided
1 tsp black pepper, divided
½ tsp garlic powder
 Basil, sliced, for garnish
 Parmesan cheese, for garnish



DIRECTIONS

- Season the chicken breasts with ½ teaspoon salt, ½ teaspoon pepper, and garlic powder.
- Heat 1 tablespoon of olive oil in a skillet over medium-high heat. Add the chicken and cook for 3 minutes on each side, remove the chicken from the skillet to a plate, and cover to keep warm.
- Reduce the heat to medium and add the remaining olive oil, onions and garlic to the skillet and sauté until translucent.
- Add tomatoes, broth, basil, oregano, maple syrup, and remaining salt and pepper. Simmer for 5 minutes.
- Add the chicken back to the skillet, cover with a lid and cook for an additional 15 minutes, flipping the chicken halfway through.
- To serve, slice the chicken and place over pasta with tomato sauce and broccoli. Garnish with fresh Parmesan and basil.

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