

Chicken Provencale

Ingredients:

- 1 pound chicken breasts (4 ounces each)
- 1 tablespoon extra-virgin olive oil
- $\frac{1}{2}$ onion, diced
- $\frac{1}{2}$ cup sweet bell pepper, diced (red or yellow)
- 3 cloves garlic, pressed or minced
- $\frac{1}{2}$ cup dry white wine or chicken broth
- 1 can diced tomatoes (Italian style)
- $\frac{1}{4}$ cup pitted black olives, sliced
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground pepper
- 3 tablespoons chopped fresh basil

Directions:

Spray a large non-stick skillet with cooking spray and place over medium-high heat. Add the chicken breasts to the pan, and turn when chicken is golden brown (about 4 minutes). Brown the second side, cover and cook for another 5 minutes, or until no longer pink inside and the juices run clear. Remove from the pan, cover and keep warm.

Heat the oil in the same pan. Add the onion, sweet pepper and garlic. Cover and cook for 2 minutes, or until softened. Add the wine or chicken broth, 1 tablespoon at a time if needed to avoid scorching. Add the diced tomato, olives, salt, pepper and remaining wine or chicken broth. Bring to a boil. Lower the heat to a simmer. Reduce, uncovered, for 3 to 4 minutes, or until the sauce has thickened slightly.

Return the warm chicken to the pan and coat with the sauce. Add the basil at the end and stir into the sauce.

Yield: 4 - 6 servings

Baked Stuffed Tomatoes

Ingredients:

- 6 large tomatoes
- $\frac{1}{4}$ cup fresh basil or parsley, chopped fine
- $\frac{1}{2}$ cup bread crumbs
- $\frac{1}{2}$ cup shredded parmesan cheese
- 2 cloves garlic, minced
- pinch of salt and black pepper
- 3 tablespoons extra virgin olive oil

Directions:

Line the toaster oven tray or cookie sheet with foil. Set aside. Cut tops of tomatoes and hollow out inside. Reserve the inside of tomatoes and chop into small pieces. Mix with herbs, bread crumbs, cheese, garlic, salt and pepper in bowl. Add olive oil and mix well. Place a large spoonful of the mixture inside the tomatoes. Bake at 350 degrees for about 30 minutes, until crusty.

Yield: 6 servings