



## Italian-Style Chicken Bake



1/4th of recipe (about 1 cup): 258 calories, 8g total fat (2.5g sat. fat), 828mg sodium, 12.5g carbs, 4.5g fiber, 3g sugars, 32.5g protein

**Prep:** 20 minutes    **Cook:** 35 minutes

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



### Ingredients

1 lb. raw boneless skinless chicken breast cut into bite-sized pieces  
1/2 tsp. each salt and black pepper  
2 cups seeded and chopped tomatoes  
One 14-oz. can artichoke hearts, drained, rinsed, chopped, patted dry  
2 tbsp. all-purpose flour  
2 tsp. chopped garlic  
2 tsp. olive oil or grapeseed oil  
1/2 cup chopped fresh basil  
1/2 cup shredded part-skim mozzarella cheese

### Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a large bowl, season chicken with salt and pepper. Add all remaining ingredients *except* basil and cheese. Mix thoroughly. Transfer mixture to the baking pan.

Bake until chicken is cooked through, about 30 minutes.

Sprinkle with basil and cheese. Bake until cheese has melted, about 5 minutes.

**MAKES 4 SERVINGS**

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