



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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.