

Quick, Delicious, and Healthy Chicken Cacciatore Gluten Free!

When all you want to do is wash one dish after cooking dinner... Here's a classic Chicken Cacciatore dish, just throw it together in one dish to bake and make dinner a breeze so you can enjoy an Well-Being Solutions webinar tonight!



Ingredients:

- Three large, diced tomatoes
- 2 tbsp tomato paste
- 1 clove of garlic, minced
- 1 tbsp dried rosemary
- 4 tsp dried Italian herbs
- 4-6 organic chicken thighs
- ½ cup cherry tomatoes
- ½ cup black olives, pitted
- 1-2 potatoes, cubed (optional)

Method:

1. Preheat oven to 400°F (200°C)
2. In an oven-proof dish of any size, add tomatoes. Add in tomato paste, garlic, rosemary and 3 tsp of the Italian herbs. Mix together in the oven-proof dish.
3. Place chicken thighs on top of the tomato mixture, followed by cherry tomatoes, olives and cubed potato, if using.
4. Drizzle with olive oil and squeeze over the juice of half a lemon.
5. Sprinkle with a pinch of salt and pepper and place into the oven to bake for 30 minutes or until chicken and potatoes are cooked through.
6. Serve with lightly steamed greens.