



Italian Chicken with Roasted Tomatoes

- 1 lemon
- 8 garlic cloves
- ¼ cup (50 mL) olive oil
- 1 tbsp (15 mL) plus 1 tsp (5 mL) **Italian Seasoning Mix**
- ½ tsp (2 mL) salt
- 6 boneless, skinless chicken breasts (5 – 6 oz/150 – 175 g *each*)
- 2 containers (10 oz *each*) grape tomatoes (4 cups/1 L)
- ¾ cup (175 mL) Italian-seasoned croutons
- 2 tbsp (30 mL) butter, cut into pieces

1. Preheat oven to 375°F (190°C). Using **Juicer**, juice lemon to measure about 3 tbsp (45 mL) juice; add to **Rectangular Baker**. Using **Garlic Slicer**, slice garlic into baker. Add oil, seasoning mix and salt; stir until combined.
2. Place chicken in baker. Arrange tomatoes around chicken.
3. Finely process croutons in **Manual Food Processor**. Sprinkle evenly over chicken.
4. Bake, uncovered, 30 – 35 minutes or until internal temperature reaches 165°F (74°C) in thickest part of breast and juices run clear. Remove chicken to clean **Large Grooved Cutting Board**; keep warm.
5. Add butter to baker. Using **Salad Chopper**, carefully chop tomatoes into coarse pieces. Return chicken to baker and serve.

Serves 6

U.S. Nutrients per serving: Calories 300, Total Fat 17 g, Saturated Fat 5 g, Cholesterol 85 mg, Sodium 350 mg, Carbohydrate 8 g, Fiber 2 g, Protein 28 g