



Roasted Mediterranean Chicken Breasts

Lean, bright, and delicious. Enjoy this flavorful roasted chicken – and the leftovers!

Ingredients:

- 1 large head broccoli cut into pieces
- ½ cup white wine (or substitute chicken broth)
- 1 16 oz can crushed tomatoes
- 4 boneless, skinless chicken breasts fillets
- ½ teaspoon salt
- ½ teaspoon coarsely ground black pepper
- 2 Tbsp Coconut oil or olive oil
- ½ cup coarsely chopped olives (green, kalamata, etc.)
- Fresh basil (optional)

Instructions:

1. Preheat oven to 400 degrees. Lay broccoli on bottom of a glass baking dish. Add white wine and crushed tomatoes.
2. Season chicken filets with salt and black pepper. Lay chicken fillets in pan. Spread with minced garlic and drizzle with oil. Scatter olives in pan.
3. Cover loosely with foil and bake until chicken is done, 35 to 45 minutes. Garnish with chopped fresh basil.
4. Serve with a green salad, brown rice or pasta.

