

Tomato Feta Chicken for One

NUMBER OF SERVINGS: 1

Ingredients

- Parchment paper 1 piece, 15x15" (38x38 cm)
- Olive oil 1 tsp (4 mL)
- Boneless, skinless chicken thighs 0.25 lb (110 g)
- Plum tomato 1
- Feta cheese, crumbled 2 Tbsp (30 mL)
- Black olives, pitted, sliced 2
- Red wine 2 Tbsp (30 mL)
- Basil, fresh, minced 1 Tbsp (15 mL)
- Black pepper ½ tsp (0.5 mL)
- Freshly ground basil leaves Garnish

Directions

1. Preheat oven to 400°F (200°C)
2. Place parchment paper on flat surface and coat top side with olive oil. Place chicken on parchment paper.
3. Dice fresh tomato and spread over chicken.
4. Top with crumbled feta, two sliced olives, sprinkle of red wine, fresh chopped basil and freshly ground black pepper.
5. To seal the package draw the two opposite ends together. Fold to create a 1 inch (2.5 cm) seam. Roll down tightly to create a seal. Seal other ends. Seal package tightly to prevent steam escaping during cooking.
6. Heat a pan over medium-high heat. Place package in pan and heat for 5 minutes until the liquid inside each packet starts to bubble.
7. Transfer the pan to the oven. Bake approximately 20 minutes or until chicken is thoroughly cooked and reaches an internal temperature of 165°F (74°C).
8. Open, remove chicken from paper and transfer to plate. Pour juice over and sprinkle with freshly ground basil leaves.

NUTRITION PER SERVING

Calories 310 | Protein 28g | Fat 16g | Carbohydrates 7g | Fibre 2g | Sodium 400mg



There are more than 1,100 family run chicken farms in Ontario.

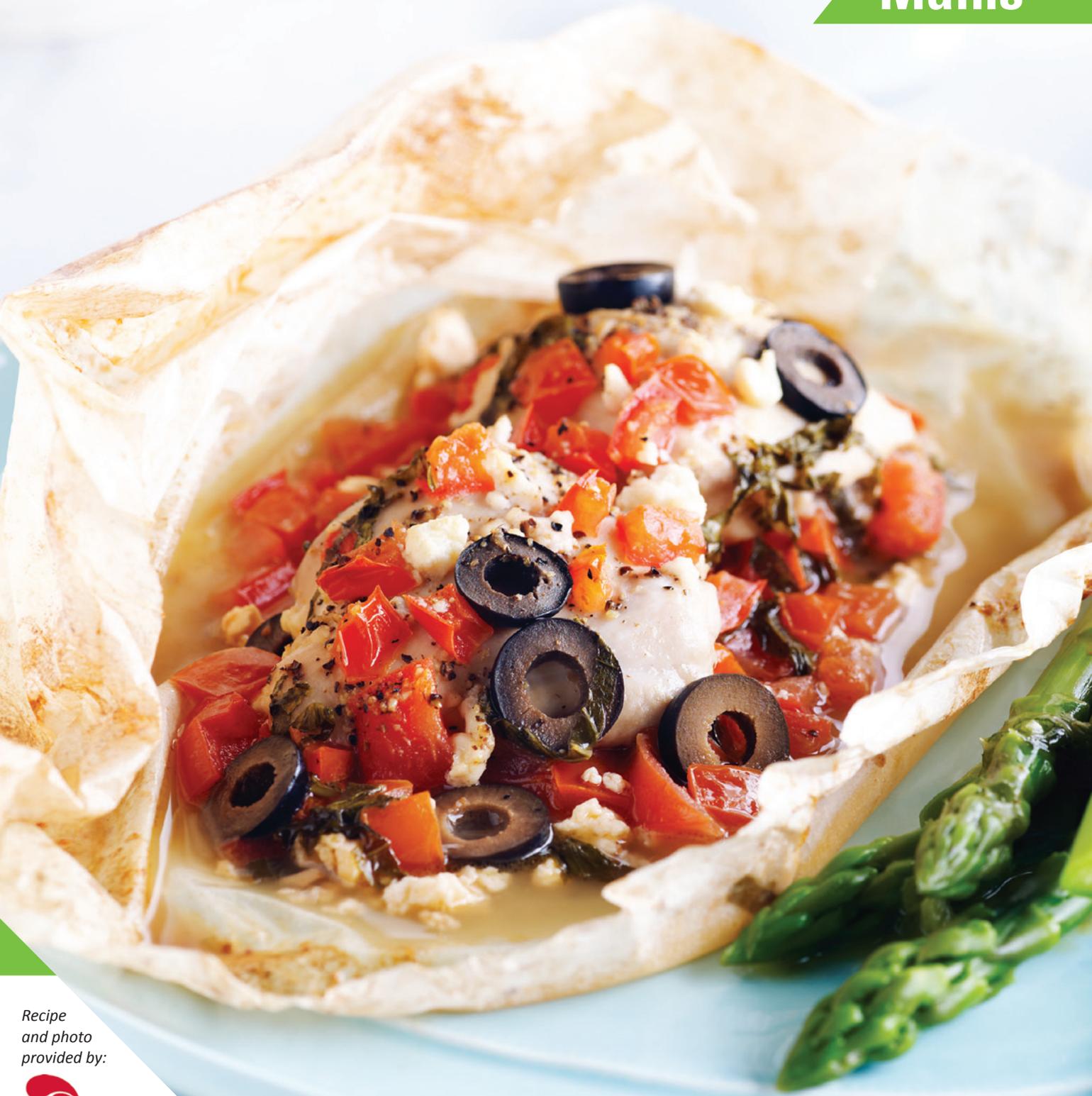


Meat, fish and poultry, including chicken, contains the MFP factor, which enhances iron absorption.



"This recipe was easy to prepare. I made this recipe in the morning and did the cooking in the evening." – Don, 85

Mains



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