

CHICKEN BREASTS BAKED WITH CHEESE



Time
25min



Servings
4

Calcium Recommended Daily Intake
40.05%

Calories

433

Calcium

401mg

Protein

47g

Vitamin D

1.99 IU

Ingredients

- 1 small onion
- 500 g tomatoes
- 400 g fresh mushrooms
- 4 chicken breasts of ca. 125 g each, without skin
- Pepper
- Olive oil
- 3 tbsp salt
- Paprika powder
- 150 ml chicken broth
- 2 tbsp skimmed milk powder
- 250g mozzarella
- 2 basil leaves

Instructions

1. Chop onions. Scald tomatoes and remove peel, chop into small pieces. Cut mushrooms into thin slices.
2. Sprinkle pepper on chicken breasts. Preheat oven to 225°. Coat bottom of oven-proof pan with ca. 1 Tbsp oil. Heat 2 tbsps. olive oil in frying pan and cook chicken breasts for two minutes on each side.
3. Remove from pan and sprinkle with salt and paprika powder to taste. In same pan, add onions and mushrooms and cook for ca. 2 minutes. Add broth and milk powder. Cook gently for 5 minutes. Remove from heat. Add chopped tomatoes and basil and mix. Add salt and pepper to taste.
4. Place mixture in oven-proof pan. On top of the mixture, place the chicken breasts. Cut mozzarella into slices and place slices on top of chicken breasts. Drip some olive oil on top. Bake in lower part of oven at ca. 200° for ca. 20 minutes.