

Riverview Wellness Center

Recipe

Recipe for: Smothered Chicken

Ingredients: 3 boneless, skinless chicken breasts

2 portabella mushrooms

2 orange peppers

Lemon Juice

Spaghetti sauce (organic and sugar-free if possible)

Salsa

Goat or Rice cheese (if permitted on program)

Preparation: Place chicken breasts in an ungreased baking pan.

Splash with lemon juice. Slice mushrooms and peppers very thin and completely cover chicken. Top each breast with a small amount of sauce, then salsa. Sprinkle with goat cheese. Cover with foil and bake at 350 degrees for 30-35 minutes. Serve with brown rice or pasta if desired.