



**HAPPY March from
Lansing Lunchbox**

pinterest.com



Chicken, Tomato, & Mozzarella

270 calories | 6g carbs | 9g fat (3.5g sat fat) | 29g protein |
370mg sodium | 1g fiber per serving

Serves 4 for \$6.15



Ingredients

- 2 tablespoons olive oil, divided
- 1 pound boneless, skinless chicken breast, pounded to an even thickness
- 3 cloves garlic, finely chopped
- ½ teaspoon dried basil, thyme, or oregano leaves
- 1 (15-ounce) can no-salt-added diced tomatoes, with juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup shredded mozzarella cheese

Heat 2 tablespoons oil in a large skillet over medium heat. When the oil is hot, add the chicken, and cook 4 minutes. Flip and cook another 4 minutes. Turn off the heat, transfer the chicken to a cutting board, cut it into 1-inch strips, and set aside.

Heat the pan over medium and add the remaining 1 tablespoon oil to the pan. When the oil is hot, add the garlic and dried herbs, and cook 15 seconds, being careful not to burn the garlic. Add the tomatoes with juice and bring to a boil; lower heat and simmer for 5 minutes until sauce thickens a bit. Season with salt and pepper.

Return the sliced chicken to the pan, stir to coat with sauce, and allow to warm through, about 5 minutes. Top with shredded mozzarella cheese.

Make it a Meal:

- Enjoy with brown rice or pasta.

Keep it Natural:

- Choose no salt added canned tomatoes to lower sodium content

MEMBER OF
**FEEDING
AMERICA**

Local Resources:

Food: <https://www.foodbankst.org/> Use the food finder

School food: [Katie Swearingen](#) Food Service Director (607) 533-3020 ext. 3119

Heat: Home Energy Assistance Program (HEAP): 274-5264

Childcare: <https://www.childdevelopmentcouncil.org/>

Other questions: call 211 help line. They are great!