

Deconstructed Chicken Cacciatore

Ingredients:

boneless chicken breast, cut into thin medallions
28 oz. can of whole peeled tomatoes
3 small onions, cut into chunks
6 cloves of garlic, rough-chopped
1 red bell pepper, cut into strips
Cremini mushrooms (or baby Bellas), cut in half
spaghetti
extra virgin olive oil
herbs and spices (hot red pepper flakes, dried oregano, dried basil, salt, black pepper)



Directions:

Preheat oven to 350 degrees F.

Marinade

Pour the juice from the tomatoes into a food processor or blender. I also included two of the smaller peeled tomatoes. Add two cloves of garlic, red pepper flakes, oregano, basil, salt, pepper, olive oil, and blend to a thick puree.

Pour the marinade over the chicken in a medium-sized bowl. Stir, cover, and place in the refrigerator for several hours.

Chicken and Vegetables

Cover a baking sheet in foil. Make two small compartments for the onions and garlic. Arrange the marinated chicken onto the rest of the baking sheet. Spoon some of the marinade over the top. Bake for 20 minutes at 350 degrees. Crank up the oven to 400 degrees and bake for another 10-15 minutes.

While the chicken is baking, cook the red bell pepper in a small frying pan with a little salt and olive oil. You may need to add a little water if it starts to dry out. In a separate frying pan, cook the mushrooms with a little olive oil, salt, and pepper.

Pasta Sauce

Put water on to boil for the spaghetti.

Put the remaining whole tomatoes in a food processor and pulse a few times. You want to leave the tomatoes a little chunky, not blended smooth.

Pour the tomatoes into a wide pan, add some olive oil, red pepper flakes, oregano, salt, pepper, and garlic. Cook over low heat.

When the spaghetti is cooked, add to the tomato mixture with a little of the pasta water and toss. Serve the chicken on a plate with a side portion of spaghetti, surrounded by the peppers, mushrooms, onions, and garlic.

As you eat the chicken, you can pull in the flavors that you want into each bite. Enjoy!