

• ENTREES •

Chicken Pesto Bake

Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 4 medium chicken breasts
- ½ cup store-bought pesto
- 1 ½ cups baby spinach leaves, roughly chopped
- 1 large tomato, roughly chopped
- 1 can canned artichoke hearts, roughly chopped
- ½ cup shredded mozzarella

INSTRUCTIONS

1. Preheat oven to 350.
2. Place chicken in a medium baking pan, and divide pesto between the breasts.
3. Top with spinach, tomato, artichoke hearts, and mozzarella.
4. Cover the baking pan with aluminum foil, and bake for 30 minutes.
5. Remove foil and cook until the cheese is browned, and chicken registers 165 degrees with a meat thermometer.