

RECIPE OF THE WEEK: PALEO EDITION

TOMATO-TOPPED CHICKEN

Ingredients:

1 lb boneless chicken breasts

½ cup vinaigrette dressing of your choice (Italian is good)

4 tomato slices

2 tbsp almond meal

¼ tsp dried basil

Instructions:

1. Place chicken in a large Ziploc bag with vinaigrette dressing and place in the fridge to marinate (about 2 hours)
2. Preheat oven to 400 degrees
3. Remove chicken from Ziploc bag and place in glass baking dish. Discard extra marinade. Cover with foil and bake for 10 minutes.
4. Remove baking dish from oven, peel back foil, and sprinkle your almond meal and basil. Top with your tomato slices.
5. Re-cover and bake for 10 more minutes
6. Then remove foil cover and bake for an additional 10-15 minutes or until internal temperature of chicken is 165 degrees

