



Cheesy Chicken and Artichoke Bake

Servings: 0

Ingredients

- 8 boneless, skinless chicken breast halves (4 oz. each)
 - 1 can (13.75 oz) artichoke hearts (not packed in oil), drained
 - 6-7 Roma tomatoes, seeded and diced
 - 1 T. olive oil
 - 2 T. flour
 - salt and pepper to taste
 - 1 T. crushed garlic
 - 2 c. shredded, part-skim mozzarella
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Directions

Preheat oven to 375

Combine artichoke hearts, tomatoes, salt, pepper, garlic, olive oil and flour. Spread in the bottom of a 13 x9 glass baking dish. Top with chicken seasoned with salt and pepper.

Bake until chicken is nearly done (about 25 minutes). Top with cheese and place under a broiler for a few minutes (watch carefully so as not to burn). Otherwise place back in the oven until cheese melts.

Let stand 10 minutes before serving. Serve with a slotted spoon.

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