## italian conceptor bake

A RECIPE SHARED BY MARINA GRANT, SCESA EVENTS COORDINATOR ORIGINALLY PRINTED IN CHATELAINE MAGAZINE CIRCA 1994

prep time: 10 minutes bake time: 1hr makes: 6 servings

## ingredients

- 6 boneless skinless chicken breast
- 1 crushed garlic clove OR a pinch of garlic powder
- 2 medium onions
- 1 (28 oz.) can diced or plum tomatoes, including juice
- 1 can tomato paste
- 1 ½ tsp basil
- <sup>1</sup>/<sub>2</sub> tsp oregano
- Salt & pepper (to taste)
- 2 cups grated cheese (such as Mozzarella, Swiss, Cheddar)

## directions

- Preheat oven to 400F
- Rub garlic into chicken and place chicken breasts into 9x13 casserole dish.
- Slice onions and scatter around chicken
- Stir tomatoes with tomato paste and seasonings and pour over chicken and onions.
- Bake, uncovered, for 40 minutes.
- Baste chicken with tomato mixture, sprinkle with cheese, loosely cover with foil and bake for 20 minutes (remove foil during last 5 min. to brown cheese).
- Remove chicken from casserole dish.
  Stir sauce and ladle over chicken when served.
- Serve with pasta or noodles and vegetable of your choice.