

Mark Drugs Pharmacy

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Chicken Ragout

(best prepared in a shallow pan on a wire rack)

Note: This same recipe may be prepared using fish
but reduce baking time to 10-15 minutes depending on the fish that you use.

4 x 100gm (3.5 oz) boneless skinless chicken breast

(chicken breasts should be about ½ inch thick for this recipe)

4 large tomatoes (chopped)

4 cloves of crushed fresh garlic

2 T water

½ t dry parsley

¼ t onion powder

¼ t dry oregano

¼ t dry basil

¼ tsp fresh cracked pepper

1/8 t sea salt

1. Pre-heat oven to 400 F.
2. Place 2 of the crushed garlic cloves in a small microwave safe bowl with 2 T of water and microwave on high for 20 seconds. Remove garlic mixture and rub on chicken with a dash of onion powder, oregano, basil, sea salt & pepper on each piece of meat.
3. Place on wire rack and put in oven for 20 minutes.
4. While the chicken is cooking in the oven, take the remaining garlic & place in a medium non-stick sauce pan with 1 tablespoon of water over medium heat and gently sauté till aroma is present.
5. Add chopped tomatoes and remaining ingredients and mix together.
6. Bring to a bubble and turn flame down to low.
7. Serve over each chicken breast.

Makes 4 proteins & 4 vegetables