



Oven-Baked Chicken and Slow-Roasted Tomatoes on a Baguette

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



868 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 handful baby arugula fresh
- ☐ 1 small baguette cut in half lengthwise
- ☐ 1 cup unseasoned bread crumbs
- ☐ 8 ounce chicken cutlets thin
- ☐ 1 tablespoon rosemary fresh finely chopped
- ☐ 1 lemon zest grated
- ☐ 1 cup yogurt plain low-fat

- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 4 tablespoons parmesan grated
- ☐ 2 servings salt and pepper black freshly ground to taste
- ☐ 2 pounds vine-ripened tomatoes seeds removed sliced in half vertically, cores and

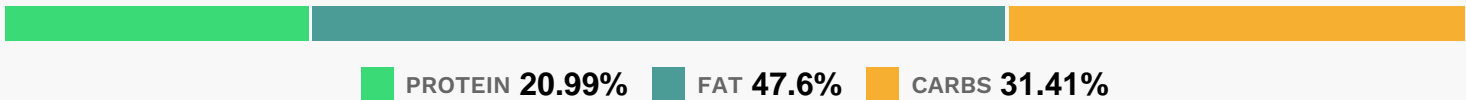
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 200°F.
- ☐ Place the tomatoes, cut side up, on a baking sheet lined with nonstick foil. Season with the salt and pepper, drizzle with 3 tablespoons of the oil, and bake 6 to 8 hours.
- ☐ Remove and let cool. (Or use a handful of sun-dried tomatoes.) Meanwhile, place the chicken and yogurt in a resealable plastic bag and refrigerate for at least 3 hours. Preheat oven to 425°F. In a shallow pan, combine the bread crumbs, zest, rosemary, Parmesan, the remaining oil, and more salt and pepper.
- ☐ Remove the cutlets, shaking off any excess yogurt, and press them firmly into the bread-crumb mixture.
- ☐ Transfer to a pan lined with nonstick foil and bake until browned and firm, 15 to 20 minutes.
- ☐ Remove and let cool, then assemble as shown.
- ☐ Suggestions for the kids
- ☐ Use crushed honey-mustard pretzels for the bread crumbs, leave out the arugula and tomatoes, and serve on a roll instead of the baguette.

Nutrition Facts



Properties

Glycemic Index:100.38, Glycemic Load:6.45, Inflammation Score:-10, Nutrition Score:48.055217986522%

Flavonoids

Naringenin: 3.33mg, Naringenin: 3.33mg, Naringenin: 3.33mg, Naringenin: 3.33mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 868.42kcal (43.42%), Fat: 46.46g (71.48%), Saturated Fat: 9.18g (57.39%), Carbohydrates: 68.98g (22.99%), Net Carbohydrates: 60.36g (21.95%), Sugar: 24.55g (27.27%), Cholesterol: 86.72mg (28.91%), Sodium: 830.21mg (36.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.1g (92.2%), Vitamin B3: 18.55mg (92.75%), Vitamin C: 70.07mg (84.93%), Vitamin A: 4221.61IU (84.43%), Selenium: 57.1µg (81.58%), Phosphorus: 693.03mg (69.3%), Vitamin K: 72.32µg (68.88%), Vitamin B6: 1.37mg (68.4%), Vitamin B1: 0.86mg (57.08%), Potassium: 1952.54mg (55.79%), Manganese: 1.11mg (55.75%), Vitamin E: 7.87mg (52.49%), Calcium: 521.66mg (52.17%), Vitamin B2: 0.74mg (43.61%), Folate: 161.08µg (40.27%), Fiber: 8.62g (34.49%), Magnesium: 135.35mg (33.84%), Vitamin B5: 3.17mg (31.69%), Iron: 5.05mg (28.04%), Zinc: 3.68mg (24.54%), Copper: 0.48mg (23.79%), Vitamin B12: 1.22µg (20.36%), Vitamin D: 0.16µg (1.09%)