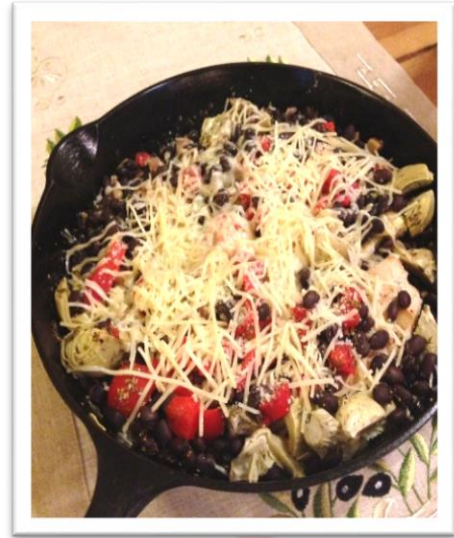


## Tuscan Chicken

Serve right from the skillet!

### Ingredients

2 Tbls olive oil  
4 chicken breast halves  
1 tsp sea salt  
1 tsp fresh ground pepper  
1 tsp oregano  
½ tsp thyme  
½ yellow onion, diced  
3 cloves garlic, minced  
8 oz baby bella mushrooms, sliced  
1 pkg frozen artichoke hearts  
½ cup sun-dried tomatoes, chopped  
1 can black beans, rinsed  
1 jar (15 oz) roasted red peppers  
½ cup shredded Parmesan cheese



### Directions

1. Season chicken with salt & pepper. Heat olive oil in skillet and brown chicken on both sides over medium-high heat. Add onions half way through, brown slightly.
2. Add mushrooms, garlic & artichoke hearts. Stir in oregano & thyme and cook covered for 5 minutes.
3. Add remaining ingredients and allow to heat through. Sprinkle on Parmesan cheese and cover until it starts to melt.

Makes 4 servings

### Nutrition Facts:

Calories 345  
Total Fat 8g  
Total Carbohydrates 24g  
Dietary Fiber 10g  
Protein 42g