



cara price

CHICKEN POMODORO

INGREDIENTS

- 3 pounds chicken tenders, cut into bite size pieces
- 2 pints of grape tomatoes
- 1 large shallot {or 2 small ones}
- 6 cloves garlic, minced
- 1 - 5ounce container, baby spinach
- 1/4 cup + 2 tablespoons olive oil
- 1/4 cup light coconut milk
- 1/4 cup chicken broth
- 2 tablespoons italian seasoning
- 1 tablespoon salt
- 1 tablespoon arrowroot flour
- 2 teaspoons pepper
- a big handful of chopped basil & rosemary

DIRECTIONS

in a small bowl, combine the coconut milk & the chicken broth with the arrowroot flour. mix it really well & set aside. place 1/4 cup olive oil in the bottom of a large skillet over medium heat.

place chicken pieces in skillet & sprinkle the italian seasoning, salt & pepper over the chicken. stir consistently for several minutes until all chicken pieces look mostly browned but not cooked all the way through.

use a slotted spoon to remove the chicken to a plate & keep warm, reserve all pan drippings. add in the remaining 2 tablespoons of olive oil & place shallots & tomatoes in pan. sauté several minutes, stirring occasionally, until onions are softened & skins of tomatoes are slightly blistered.

turn heat to low, add in garlic & cook 1 more minute. pour in the chicken broth mixture & stir to coat all the onions, tomatoes & garlic. it should become thick almost instantly.

place all the spinach & fresh herbs in a single layer over the tomatoes & onions, then add the chicken & any liquid that has accumulated from the chicken, on top. do not mix it up.

leave it layered & cover to cook on low for 12-15 minutes. uncover & mix it all together.

serve over spaghetti squash or with mashed sweet potatoes.