



Taste the Flavor

odd spice
Take your typical chicken dish. Add Mrs. Dash's new Tomato Basil Garlic. And transform your recipe into a savory meal. It's a

unique blend including delicious herbs and spices — harvested at peak flavor. Great on pasta, steaks, salads and more. So try it tonight!



Seasoning Blend

MRS. DASH CHICKEN POMODORO

1 boneless, skinless chicken breast half

1 tablespoon parmesan cheese

1 packet (2g) Mrs. Dash Tomato Basil Garlic Seasoning

2 teaspoons olive oil

8 cherry tomatoes, sliced or 1/2 cup chopped tomatoes, canned

4 oz. penne pasta, cooked and drained

1/2 cup sliced fresh vegetables of your choice (optional)

add
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1/2 T.
Pound chicken flat. In a bowl, combine parmesan cheese and Mrs. Dash Tomato Basil Garlic. Dip chicken in mixture; coat both sides evenly. Heat olive oil in a small pan over medium heat; add chicken. Cover and cook 3 minutes. Turn over and cook additional 2 minutes or until no longer pink in center. Cut into strips and set aside. Add tomatoes and any remaining vegetables into the pan. Simmer for about 2 minutes. Add cooked pasta and toss. Top with cooked chicken. Sprinkle additional parmesan cheese if desired. Per serving: 430 cal, 14g fat, 75mg chol, 220mg sodium, 40g carb, 36g protein.



Prep Time: 5 minutes

Cook Time: 10 minutes

For more chicken recipes and cooking tips, go to www.eatchicken.com