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# Basil a Roma

**From the Kitchen of:** Brian

**Servings:** 6

**Prep Time:** 10 minutes **Bake Time:** 30 minutes **Bake Temp:** 350

**Ingredients:**

* 2 boneless, skinless chicken breasts
* 1 ½ cups of cooked rice
* 1 bag of cooked frozen vegetables (we use the Mexican mix)
* 1 can of diced tomatoes (we use the garlic & basil seasoned)
* Black pepper
* Onion powder
* Basil
* Olive Oil
* Cheese (we like cheddar)

Spray chicken with oil & sprinkle liberally with garlic, onion powder, and pepper. Bake the chicken, covered, in a baking dish @ 350˚ for 30 minutes. Remove chicken & top with can of diced tomatoes. Bake for an additional 10 minutes. Cut up chicken into small pieces in the baking dish so you’ve got a juicy tomato & chicken mix.

For each serving, place rice in the bottom of bowl, place chicken (with juices) & vegetables on top, top with cheese. Microwave to melt cheese.