

# Italian Chicken



What I love most about this recipe is how versatile it is.

If I'm out of one ingredient, usually there's something else in our house that I can add in as a substitute. The two that are a must for me in this recipe are the artichoke hearts and tomatoes. But I have left out the spinach, or the zucchini, or added in bell peppers and onions. Not eating meat? Bulk up the veggies, and leave it out!

This is the recipe that made my boys decide that they like artichokes. Before this, they would turn up their noses at them. Something about the tangy flavor of the artichoke in this recipe really gives it a unique kick!

## Ingredients

1 zucchini diced into ½" pieces  
8 oz white or baby bella mushrooms, sliced  
5-8 oz baby spinach  
14 oz jar of artichoke hearts - drained cut into ½" pieces  
14 oz jar of diced tomatoes  
4 garlic cloves minced or 1 tsp garlic powder  
Salt & Pepper to taste  
1-1.5 lb Chicken thighs (or breasts)



## Herbal flavor options:

Fresh chopped herbs - oregano, thyme, basil if you have them

Or Italian Seasoning, or other dried herbs

Or 1-2 drops Mountain Savory Vitality essential oil

## Instructions

Preheat oven to 375

In a large bowl, combine the zucchini, mushrooms spinach, artichoke hearts, diced tomatoes. In a small bowl, mix the salt, pepper, garlic and herb flavoring together until combined and then mix the spices into the vegetable mixture.

In a large 9 x 13" pyrex dish, or large cast iron skillet, put about  $\frac{1}{3}$  of the vegetable and spice mixture on the bottom of the pan. Place chicken thighs evenly as a layer in the pan, and then cover with remaining vegetable and spice mixture.

Bake in the oven for about 1 hour, until chicken is cooked thoroughly.

It's delicious atop rotini noodles, or as a stand alone dish. And when there are leftovers, I love to dice up the chicken and put it into a pot and warm it up - with the sauce and all and enjoy it as an italian chicken soup!

This particular time we made it, my husband had bought diced tomatoes with green chiles. I was a little worried that it would be too spicy, but it actually gave it a great flavor. If you choose to do the tomatoes with the chiles, I would stick to a mild green chile, as a hot might overpower the other flavors in the dish.

