Baked Chicken with Summer Squash & Tomatoes

Serves 4. Total time 30 minutes.

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4 (4 oz.) boneless, skinless chicken breasts
¼ tsp. salt
freshly ground black pepper to taste
1 (15 oz.) can no salt added crushed tomatoes

1 tsp. Italian seasoning
2 yellow squash, thinly sliced
2 medium zucchini, thinly sliced
4 (1 oz.) slices reduced-fat Swiss cheese
4 small whole grain rolls

**Directions:**
1. Preheat oven to 375° F. Spray a 9-inch square baking dish with nonstick cooking spray. Place chicken in prepared dish; sprinkle with salt and pepper. Cover with tomatoes, Italian seasoning, yellow squash, zucchini, and slices of Swiss. Bake uncovered for 45 minutes or until chicken is cooked through.

**Total Meal Nutrition Information (per ¼ of each recipe):** 365 calories, 31 g protein, 8 g fat, 4 g saturated fat, 30 g carbohydrate, 6 g fiber, 90 mg cholesterol, 455 mg sodium

**1 serving equals:** 1 whole grain, 2 protein/dairy, 3 vegetable, 1 fat
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Shopping List

Produce Section
- 2 yellow squash, thinly sliced
- 2 medium zucchini, thinly sliced
- 15 oz. can no salt added crushed tomatoes

Dry Goods Section
- 4 small whole grain rolls (see tip #1)
- 1 tsp. Italian seasoning

Meat/Dairy Section
- 4 (4 oz.) boneless, skinless chicken breasts
- 4 (1 oz.) slices reduced-fat Swiss cheese

Smart Shopper Tip #1:
Check your supermarket bakery for whole grain rolls. Remember to look for the words “whole wheat” or “whole oat” listed first on the ingredient list.
Alexia and Pillsbury also make whole grain rolls that can be found in the freezer section. They bake in only 10 minutes and contain 90 calories and 3 grams fiber per roll.