



Total Time
50 MIN.

Serving & Size
1 SERVING (1 CHICKEN BREAST, 1/2 CUP POTATOES, 1/2

Difficulty
EASY

Yields
24

This double-duty marinade and basting sauce is made with Swanson® Unsalted Chicken Broth. With just the right amount of tomatoes, Parmesan cheese, garlic powder and Italian seasoning, it is a simple way to add great flavor to grilled or broiled chicken breasts.

Nutrition Facts

Serving Size 1 SERVING (1 CHICKEN BREAST, 1/2 CUP POTATOES, 1/2

Amount Per Serving

Calories 288

% Daily Value

Total Fat 7.5g **12%**

Saturated Fat 1.7g **9%**

Cholesterol 68mg **23%**

Sodium 447mg **19%**

Total Carbohydrate 24.8g **8%**

Dietary Fiber 3.4g **14%**

Protein 28.6g **57%**

Vitamin A 19% Vitamin C 18%

Calcium 4% Iron 8%

INGREDIENTS

WEIGHT

MEASURE



Swanson® Unsalted Chicken Broth

7 cups

low-sodium canned diced tomatoes

2 oz.

1/4 cups

Parmesan cheese, grated

0 oz.

4 tsp.

Italian seasoning, crushed

2 tsp.

garlic powder

1 tsp.

boneless, skinless chicken breast, cooked yield from 1 pound raw

6

mashed potatoes, hot

89 oz.

3 qt.

fresh mixed vegetables (broccoli, carrots, red or green peppers, snap peas, onions), cooked, hot

77 oz.

3 qt.

INSTRUCTIONS

1. Stir broth, tomatoes, cheese, Italian seasoning and garlic powder in a shallow nonmetallic dish or a resealable plastic bag. Add chicken and turn to coat. Cover dish or seal bag. Refrigerate for 30 minutes.

CCP: Hold for cold service at 41°F until needed.

2. Lightly oil grill rack and heat to medium. Grill chicken for 15 minutes, or until cooked through. Turn over once halfway through grilling and brush often with broth mixture. Discard remaining broth mixture.

CCP: Heat to a minimum internal temperature of 165°F for 1 minute.

CCP: Hold for hot service at 140°F or higher until needed.

3.To Serve: Using tongs, plate 1 cooked chicken breast with 1/2 cup (#8 scoop) mashed potatoes and 1/2 cup (4 oz spoodle) mixed vegetables.



TIP

Cover chicken during hot holding to keep it from drying out.