

Recipe – Chicken with Goat Cheese

Ingredients:

- 3 lbs white meat chicken
- 1 cup gluten free flour (We used Bob's Red Mill)
- a few grindings of pepper
- a sprinkle of salt
- Olive oil to coat the roasting pan
- About one cup chunky tomato sauce
- One brick goat cheddar, grated

Directions:

Put enough oil in two 9 x 12 pans to coat the bottom

Cut each chicken breast into about four pieces

Mix salt and pepper into the flour and roll the chicken in it

Place the chicken on the oiled surface, then flip so most of the surface has a bit of oil

Bake at 400 for 15 minutes

Put a spoonful of tomato sauce on each piece of chicken and sprinkle with cheese

Bake another 10 minutes

This recipe was made at the request of a member who wanted an easy gluten free version of chicken parmesan