

tomato-sherry pasta and chicken with tomato-artichoke gratin

TOTAL TIME

50 minutes

MAKES 4

SERVINGS



APRON'S ADVICE

Complete your meal with a fresh salad blend, sourdough bread, and cheesecake for dessert. A great substitute for sherry wine would be apple juice or cider.

SHOPPING LIST

Dairy

- 2 tbsp garlic herb butter
- 1 (6-oz) packet refrigerated Italian cheese bread crumb mix
- 1 pkg (9-12 oz) three-cheese small ravioli

Dry Grocery

- 1 (7.5-oz) jar quartered marinated artichokes
- 1 cup reduced-sodium chicken broth
- 1/2 cup sherry wine

Meat

- 2 boneless, skinless chicken breasts (about 1 lb)

Produce

- 3 tbsp Caesar dressing
- 1-oz bag fresh basil
- 1/3 cup julienne-cut sun-dried tomatoes
- 7 plum tomatoes (or 3-4 regular)
- 6 oz pre-sliced portabellas
- 2 shallots

From Your Pantry

- 3 tbsp all purpose flour
- aluminum foil
- 1 tsp kosher salt
- large zip-top bag
- 2 tbsp olive oil

COOKING SEQUENCE

- Prepare Tomato-Artichoke Gratin and begin to bake - 10 minutes
- Prepare pasta; serve - 30 minutes

tomato-sherry pasta and chicken

INGREDIENTS

- 3 plum (or 1-2 regular) tomatoes, coarsely chopped
- 2 shallots, finely chopped
- 2 tablespoons fresh basil leaves, coarsely chopped
- 6 oz pre-sliced portabellas, coarsely chopped
- 2 boneless, skinless chicken breasts (about 1 lb)
- Large zip-top bag
- 3 tablespoons all purpose flour
- 1/4 teaspoon pepper
- 1 teaspoon kosher salt, divided
- 2 tablespoons olive oil
- 1/3 cup julienne-cut sun-dried tomatoes
- 1 cup reduced-sodium chicken broth
- 1/2 cup sherry wine, divided
- 1 package three-cheese small ravioli (9-12 oz)
- 2 tablespoons garlic herb butter

PREP

- Chop tomatoes, shallots, and basil. Remove brown gills, then chop mushrooms.
- Cut chicken into bite-size pieces; place in zip-top bag (wash hands).

STEPS

1. Preheat stock pot on medium-high 2-3 minutes. Add flour, pepper, and 1/2 teaspoon of the salt to chicken; seal bag and shake to coat. Place oil in pot, then add chicken; cook 2-3 minutes or until browned.
2. Stir in shallots, mushrooms, and remaining 1/2 teaspoon salt; cook 1-2 more minutes or until mushrooms soften. Stir in both tomatoes, broth, wine, and ravioli; bring to a boil.
3. Reduce heat to simmer; cook 8-10 more minutes or until ravioli is tender. Remove from heat; stir in butter and basil. Serve.

CALORIES (per 1/4 recipe) 530kcal; FAT 20g; CHOL 95mg; SODIUM 810mg; CARB 43g; FIBER 3g; PROTEIN 35g; VIT A 20%; VIT C 15%; CALC 10%; IRON 20%

tomato-artichoke gratin

INGREDIENTS

- 4 plum (or 2 regular) tomatoes, sliced
- 2 tablespoons fresh basil leaves, coarsely chopped
- 1 (7.5-oz) jar quartered marinated artichokes, drained
- 3 tablespoons Caesar dressing
- 1 (6-oz) packet refrigerated Italian cheese bread crumb mix
- Aluminum foil

PREP

- Preheat oven to 400°F.
- Slice tomatoes, chop basil; place in medium bowl.

STEPS

1. Stir into tomatoes: artichokes, dressing, and one-half of the breading mix until blended. Transfer mixture to 2-quart baking dish; top with remaining breading mix. Cover with foil;



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bake 20 minutes.

2. Remove foil. Bake 7–8 more minutes or until golden. Serve.

CALORIES (per 1/6 recipe) 180kcal; FAT 11g; CHOL 20mg; SODIUM 560mg; CARB 11g; FIBER 1g; PROTEIN 7g; VIT A 10%; VIT C 15%; CALC 20%; IRON 4%