

Cheesy Italian Chicken Zucchini Skillet (Mel's Kitchen)

Chicken & Seasonings:

1½-2 lbs. boneless, skinless, chicken breasts/tenders, cut into ½-1-inch pieces

1 t. salt

1 t. dried basil

½ t. dried oregano

½ t. garlic powder

1/8 t. dried thyme

1/8 t. black pepper

1 T. olive oil

Sauce:

28 oz. can crushed tomatoes

4 c. (16-18 oz.) small-diced zucchini (about 2-3 zucchini)

1 T. soy sauce

1-2 t. brown sugar

½ t. dried basil

¼ t. dried oregano

Cheesy Topping:

1-1½ c. mozzarella cheese

1 c. bread crumbs

1 T. butter, melted

¼ c. grated Parmesan cheese

Instructions:

1. In a small bowl, toss together chicken, salt, basil, oregano, garlic powder, thyme, and pepper.
2. In a oven-proof 12-inch deep skillet, heat the olive oil over medium heat until rippling and hot. Add the chicken and let it cook without stirring for a minute or so. Flip and cook for another 30-45 seconds (it will continue cooking in the next steps).
3. Add the tomatoes, zucchini, soy sauce, brown sugar, basil and oregano. Stir, scraping up any browned bits on the bottom of the skillet, and bring to a simmer. Cook, stirring occasionally, for 5-6 minutes until the

chicken is cooked through and the zucchini is just tender. Add additional salt and pepper to taste.

4. Remove the skillet from the heat. Move an oven rack to the top third of the oven and preheat the broiler to high.
5. In a small bowl, stir together the breadcrumbs and melted butter until it is evenly combined. Add the parmesan cheese and toss to combine.
6. Sprinkle the mozzarella cheese evenly over the top of the chicken zucchini mixture. Spread the breadcrumb/Parmesan mixture evenly over the top. Broil for 1-2 minutes, until the topping is golden. Watch closely so it doesn't burn.
7. Serve warm.

*Can be served over pasta.