

## Chicken "Parmasiago"

¼ cup olive oil, divided

½ onion, finely diced

1 clove garlic, minced

2 large LOCAL tomatoes, peeled, seeded and diced

salt & pepper to taste

4 medium sized boneless, skinless chicken breasts

⅓ cup flour

200 g Asiago Cheese, sliced

Preheat oven to 350F

In a frying pan sauté onions and garlic with a spoonful of olive oil until onions are golden. Add tomatoes, salt and pepper. Cook 5 to 8 min. Set aside.

In the meantime, season chicken with salt and pepper. Coat with flour. In an oven proof frying pan heat remaining oil. When hot, add chicken, cook on each side for 2 to 3 min. Transfer to oven, cook 5 to 8 min more.  
(or until internal temperature is 165F)

Top chicken with tomato mixture and cheese, broil until cheese is melted. Serve immediately.

Yields : 4 servings

## Tip to peel tomatoes:

Cut an "X" in the bottom and top of the tomato, drop into a pot of boiling water for about 40 seconds.

Transfer to ice water. When cooled, the skin will peel easily with a knife.

