

## Chicken Sorrento\*

25 minute prep time + 25 minute cook time

Pans needed:

Deeper skillet with lid  
8 x 8 baking dish. (9 x 13 for double batch)

Ingredients:

3 oz olive oil  
4 ½ boneless skinless chicken breasts\*\* (cut into strips)  
Flour (for covering chicken breasts)  
¼ teaspoon salt

16 oz Ragu - Creamy Basil Alfredo Sauce  
3 garlic cloves, chopped. (1-½ teaspoons of minced garlic)  
6 oz Parmesan cheese, shredded (I had to 'pay' for the whole bag so I used it all.)  
2 oz lemon juice

- Preheat oven to 425°
- Heat olive oil on medium/high heat.
- Season chicken breasts with salt and lightly dust with flour.
- Sauté the chicken breast, browning both sides.
- Remove the chicken breast from the pan and pour off the oil
- Place chicken on plate and hold.
  
- Place Alfredo sauce, garlic, and lemon juice in skillet and heat to light boil.
- Stir in Parmesan cheese until smooth.
- Add chicken breasts and simmer for 10 minutes.
  
- Spray baking dish with non-stick spray.
- Add ½ of the sauce to the baking dish.
- Distribute chicken evenly in dish.
- Add the rest of the sauce to dish.
  
- Bake at 425° (~ 40 minutes) until sauce becomes bubbly and begins to brown.
  
- This meal pairs well with Chef John's Lemon Ice from *allrecipes.com*

\* Loosely based on *Chicken Sorrento* from Chianti Grill.

\*\* I used 2 chicken breasts for the food challenge, then the full 4-½ breasts for other tastings/leftovers. All of the other ingredients were at regular quantities.