

**Recipe for:** Smothered Chicken

**Ingredients:**

3 boneless, skinless chicken breasts  
2 portabella mushrooms  
2 orange peppers  
Lemon juice  
Spaghetti sauce (organic and sugar-free if possible)  
Salsa  
Goat or Rice cheese (if permitted on program)

**Preparation:**

Place chicken breasts in an un-greased baking pan, splash with lemon juice. Slice mushrooms and peppers very thin and completely cover chicken. Top each breast with a small amount of sauce, then salsa. If using goat or rice cheese, sprinkle on top.

Cover with foil and bake at 350 degrees for 30-35 minutes. Serve with brown rice or pasta if desired.