



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Baked Chicken with Cherry Tomatoes, Bell Peppers, Onions and Tofu

Serving size: 4 oz chicken breast + ½ cup cooked veggies and tofu

Ingredients:

- 8, 4-ounce chicken breasts (skinless, boneless)
- 16 ounces cubed firm tofu
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons sweet paprika
- 1 teaspoon ground turmeric
- 1/4 teaspoon sea salt, or to taste
- 1/4 teaspoon ground black pepper, or to taste
- 2 cups cherry tomatoes, pierced
- 2 bell peppers, yellow or orange, sliced
- 1 sweet onion, sliced



Directions:

1. Preheat the oven to 425°F.
2. In a medium bowl, mix together olive oil, paprika, turmeric, salt, and pepper. Add chicken, onion, bell peppers, tofu, cherry tomatoes and stir to coat.
3. Transfer mixture to a baking dish and bake for 40 minutes if drumsticks, or 10-15 minutes per side if chicken breasts, until chicken is brown and cooked through to internal temperature of 165°F.

Nutrition Tips:

1. You can adapt this recipe to use a different cut of chicken (per personal preference), such as drumsticks, bone-in skinless thighs, or boneless chicken breast. Pay attention to temperature when cooked or “doneness”. Chicken needs to be cooked to an internal temperature of 165F.
2. Whole-soy foods, such as tofu, are an excellent source of plant-based protein. Research shows that consuming 1- 2 servings/day of whole soy foods, such as tofu or edamame, may actually help to lower one’s risk of breast cancer.
3. Firm tofu is a very versatile food, as it is rather bland alone and will absorb whatever flavoring it is cooked with (meat, vegetables, seasonings, etc).

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.