



Braised Honey Herb Chicken and Tofu

Ingredients

- 1 teaspoon dried oregano
- 1 teaspoon crushed dried rosemary
- 1 teaspoon dried thyme
- 1/2 teaspoon ground pepper
- 8 oz boneless skinless chicken breasts, trimmed
- 8 oz firm tofu, drained and cubed
- 1.5 teaspoons olive oil divided
- 1 onion thinly, sliced
- 2 garlic cloves, minced
- 1, 14-ounce can petite diced tomatoes
- 3 tablespoons red wine vinegar
- 1.5 tablespoons of honey
- 1/4 cup low sodium chicken broth



Serves: 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Nutrition Information:

Serving Size ~ 4 oz. 196 calories: 6 gm fat (1 gm saturated) 14 gm carb, 2 gm fiber, 10 gm sugar, 20 gm protein, 232 mg sodium



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Instructions

1. In a small bowl, stir together the oregano, rosemary, and thyme. Add salt and pepper if desired. Rub half of mixture over the chicken. Rub the other half over the tofu.

2. Heat 1 teaspoon olive oil in a large skillet set over medium-high heat. Add the chicken and tofu. Cook until browned, about 2 minutes per side. Transfer the chicken and tofu to a plate.

3. Reduce the heat to medium and add the remaining 1/2 teaspoon olive oil. Add the onion and cook until the onions are tender, about 5 minutes. Add the garlic and cook for 30 seconds.

4. Add the diced tomatoes, honey, red wine vinegar, and chicken broth. Stir until well combined. Bring to a boil, then nestle the chicken and tofu into the tomato mixture. Simmer until the chicken is cooked through, about 10 minutes.

5. Alternatively, cover the chicken and tofu with a lid or foil. Cook in oven preheated to 325 degrees for 20 minutes.

Chef's Notes:

For a "meatier" tofu texture, drain and freeze. Defrost and drain again before cubing and cooking.

Divide recipe in half. Follow the same steps, but cook tofu separately using vegetable stock.

