

# Chicken and Seasoned Italian Tomatoes (Ragu) over Polenta



Yields 4 servings

## Ragu Ingredients:

Nonstick cooking spray  
1 medium yellow onion, diced  
3 garlic cloves, minced  
1 ½ cups mushrooms, sliced  
1 lb. chicken breast, cubed  
2 14 oz. cans diced tomatoes  
1/3 cup balsamic vinegar  
1 tsp. dried oregano  
1 tsp. dried basil  
½ tsp. dried thyme  
½ tsp. dried rosemary  
¼ cup tomato paste

## Polenta Ingredients:

1 cup instant polenta  
4 cups water, broth, or milk of choice  
Salt, to taste  
1 Tbsp. olive oil or butter (optional)  
Grated Parmesan cheese (optional)

## Instructions:

**For the Ragu:** Spray a large skillet with nonstick cooking spray. Add onion, garlic, and mushrooms to skillet and sauté 5 minutes over low heat. Add chicken pieces and cook over medium-high heat until chicken is no longer pink and reaches an internal temperature of 165 degrees Fahrenheit. Once cooked, add diced tomatoes, tomato paste, balsamic vinegar, and spices to chicken mixture. Mix together well and simmer over medium-low heat for about 20 minutes.

**For the polenta:** While your ragu simmers, bring the water and salt to a boil in a separate pot. Once boiling, gradually stir in the instant polenta. Turn the heat to low and continue to stir constantly for about 15 minutes. Mix in the olive oil or butter and Parmesan cheese, if using. To serve, top 6 ounces of polenta with about one cup of the ragu.

Recipes adapted from:

- The National Pancreas Foundation
- "Fred Hutch: Cook For Your Life." An online resource empowering individuals affected by a cancer diagnosis to achieve better health through nutrition. To learn more, or view more recipes visit [cookforyourlife.org](http://cookforyourlife.org).