

Chicken Breast Served Over Roasted Tomatoes & Chickpeas

Ingredients:

6 Tbps Olive Oil
4 cloved of garlic, minced
1 tsp red peperflakes
1 tsp cayne pepper
1 tsp ground cumin
1 Tbsp paprika (favorite Chicken spices)
4 Chicken breast with skin, deboned
2-3 cups grape tomatoes
1 can chickpeas (15 oz) (strained and rinsed)
1 cup fresh cilantro
Salt/pepper to taste



Steps:

Step 1:

Heat oven to 450 degrees. Whisk olive oil (5Tbps), garlic, pepperflakes, cayne pepper, cumin and paprikia together.

Step 2:

Place Chickpeas and grape tomatoes in a large bowl. Pour olive oil mixture over and coat completely.

Step 3:

Place chicken breast on a roasting pan, rub 1 tbps olive oil all over the chicken breast. Then add the chickpeas and grape tomatoes to the pan.

Step 4:

Sprinkle pan with cilantro. Plan pan in over set at 450 degrees and cook for 20-30 minutes, until chicken is cooked through. Enjoy!