

## ***Roasted Chicken Thighs (&/or Tempeh) with Marinara Sauce***

*This is easy to make and has delicious flavors. For a vegan option, substitute tempeh for chicken. Although a bit more complicated, you can also make this with both tempeh and chicken to add variety. Tempeh is made from organic soy products, so be sure to choose organic, non-GMO. Tempeh has a mild flavor and is less bland than tofu, and pairs nicely with Marinara sauce.*

**Serves:** Two    **Prep Time:** 15 minutes    **Baking Time:** 22-25 minutes

### **Ingredients:**

**1 pound boneless chicken thighs (or 12 ounces of organic, non-GMO tempeh)**

**2 cups zucchini, chopped into ¾-inch cubes**

**2 Tbsp avocado oil**

**2 tsp Italian herb seasoning**

**¼ tsp sea salt**

**¼ tsp ground black pepper**

### **Sauce:**

**1 tsp extra virgin olive oil**

**1 cup mushrooms, sliced**

**1 cup Marinara sauce**

**8 pitted olives, sliced in half**

**6 basil leaves, thinly sliced into strips**

### **Directions:**

Preheat oven to 400 degrees (F).

Combine chicken thighs (and/or tempeh) and chopped zucchini in an oven proof dish. Add avocado oil, Italian herbs, salt, and black pepper and toss with chicken and zucchini. When oven reaches 400 degrees, roast in the oven on the top rack for 20-25 minutes, until chicken's internal temperature reaches 170 degrees (F). Zucchini should be tender and lightly browned.

Meanwhile, heat a medium sauté pan to medium-low heat, add oil, then mushrooms, and cook covered stirring occasionally until mushrooms soften (about 6-7 minutes), then add Marinara sauce, olives, and simmer at low heat until chicken is cooked.

Pour Marinara sauce with mushrooms and olives on plates, then add roasted chicken/tempeh and zucchini, and garnish with finally sliced basil leaves. Serve immediately.

Enjoy- Steven Masley, MD