



## 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.**

