

# **Simple Tomato Sauce For Chicken Parmigiano**

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**Servings: 4**

**2 tablespoons extra-virgin olive oil**  
**1 small white onion, finely chopped**  
**3 cloves garlic, minced**  
**1 can (14 oz) chunky style crushed tomatoes**  
**1 can (28 oz) crushed tomatoes**  
**1 cup chicken broth or stock**  
**handful fresh basil leaves, torn into small pieces**  
**coarse salt**  
**1 1/2 cups provolone, shredded**  
**1/2 cup Parmigiano-Reggiano cheese, grated**  
**1 pound spaghetti, cooked to al dente**

Set water on to boil for the pasta and prepare according to the package directions for al dente.

Before coating the chicken, add the oil, onions and garlic to a saucepan to cook on medium-low heat. Stir occasionally for 10 minutes while you are working on the chicken.

Add both cans of tomatoes and a cup of chicken broth and bring the sauce to a bubble. Reduce heat to a simmer until ready to serve.

Stir in the torn basil and season the sauce with salt to taste.

Place a little of the sauce on the chicken tenders.

Top with the shredded provolone and Parmigiano.

Place in the oven or broiler to melt the cheese and then serve.

Coat the hot cooked pasta lightly with sauce, then serve.

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Per Serving (excluding unknown items): 499 Calories; 9g Fat (15.7% calories from fat); 15g Protein; 89g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 29mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1 Vegetable; 1 1/2 Fat.