

# Betty's Tomato Basil Chicken Casserole



Uploaded on 22 Feb 2012

In this video, Betty demonstrates how to make Tomato Basil Chicken Casserole. This is a hearty dish, filled with Italian flavors.

## Ingredients:

4 skinless, boneless, uncooked chicken breast halves, cubed (You may use as many as 6 chicken breasts for this recipe.)

$\frac{3}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon ground black pepper

$\frac{1}{2}$  tablespoon butter

$\frac{1}{2}$  tablespoon peanut oil

1 additional tablespoon butter

1 small to medium onion, finely chopped

14.5-ounce can diced tomatoes, undrained

3 ounces tomato paste

$\frac{1}{2}$  cup heavy whipping cream

$\frac{1}{2}$  cup finely chopped fresh basil (You may use one-third as much dried basil.)

6 to 8 ounces whole wheat rotini (You may use regular rotini—or a different type of pasta.)

cooking oil spray

$\frac{1}{2}$  cup finely shredded Parmesan cheese (You may use a cheese of your choice.)

Use kitchen shears to cut excess fat from 4 chicken breasts. Discard the fat. Cut the chicken breasts into  $\frac{3}{4}$ -inch to 1 -inch cubes. Season with  $\frac{3}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon ground pepper. Melt  $\frac{1}{2}$  tablespoon butter along with  $\frac{1}{2}$  tablespoon peanut oil in a 10  $\frac{1}{2}$ -inch iron (or other) skillet over medium heat. When the blended oils sizzle, add the seasoned chicken cubes. Cook, about 3 to 4 minutes on each side, until chicken is crispy and no pink is showing. During the cooking of the chicken cubes, reduce heat, as needed. Remove the cooked chicken cubes from the skillet and place them on a tray lined with paper toweling. At this point, begin cooking 6 to 8 ounces rotini (according to package directions). The rotini should be done when the sauce is completed.) To make the sauce, add 1 tablespoon butter to the hot skillet. (Be sure to leave the pan dripping from the fried chicken cubes.) When the butter sizzles, add 1 small to medium chopped onion. Saute over medium heat for about 3 or 4 minutes, until onion is softened. Increase the heat to high and add undrained diced tomatoes. Cook until thickened. Add  $\frac{1}{2}$  cup whipping cream and heat sauce through. Remove sauce from heat and stir in  $\frac{1}{2}$  cup finely chopped fresh basil. Spray an 8-inch by 10-inch oven-proof dish with cooking oil spray. Place cooked chicken cubes in a single layer on the bottom. Pour creamy tomato sauce over chicken cubes. Place casserole in a 450-degree (F) oven and heat for 5 minutes. Sprinkle  $\frac{1}{2}$  cup Parmesan cheese over the top. Return to oven and cook 5 minutes longer. Remove from oven and spoon finished casserole into the center of a platter with the cooked and drained rotini around the edge. Garnish with fresh basil and serve immediately. My family loves this recipe, and I hope you like it, too! Love, Betty :)