

Italian Chicken Over Polenta

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-italian-chicken-thighs-recipe-marinara>

Ingredients:

- 5 chicken thighs skinless and boneless preferred
- italian seasoning or All Purpose Seasoning
- 26 ounces marinara sauce
- 1 package polenta Pre-cooked
- 2 tablespoons butter
- 3 tablespoons olive oil divided
- pepper
- salt
- Italian cheese

Nutrition:

1. Calories: 930 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 235 milligrams
4. Fat: 64 grams
5. Fiber: 8 grams
6. Protein: 51 grams
7. SaturatedFat: 18 grams
8. Sodium: 1550 milligrams
9. Sugar: 16 grams

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