

## **Pico de Gallo Baked Chicken**

*Adapted from pico de gallo oven chicken @allyskitchen.com*

1 1/4 pounds boneless, skinless chicken breasts, halved  
Ground pepper and sea salt or Mrs. Dash, to taste  
1 1/2 tablespoons flour  
2 tablespoons vegetable or canola oil  
1/4 cup white wine  
3/4 cup homemade or low sodium chicken broth  
3/4 cup pico de gallo mild salsa  
1/4 teaspoon dried red chile flakes  
3 cloves garlic, peeled and whole  
1 tablespoon capers  
1/2 large lemon, thinly sliced

Preheat oven to 375 degrees. Add the chicken breasts to a large bowl and sprinkle with the pepper, salt or Mrs. Dash, and flour. Toss to coat.

In a large skillet over medium high heat, add the oil and brown the chicken on each side. Transfer the chicken to an oven-proof lidded casserole dish.

Deglaze the skillet with the wine then pour over the chicken. Add the chicken broth, pico de gallo, chile flakes, garlic, and top with the lemon slices and capers.

Cover with foil then top with the lid. Bake for 50 minutes, then remove to the stove top and let sit for about 15 minutes without taking off the lid. When ready, remove lid and serve with thick, hot crusty bread for sopping up the juices.