

Chicken Cacciatore

Serves 6

Ingredients:

6 split chicken breasts, skinned, all visible fat removed
2 tablespoons vegetable oil (canola, olive, or peanut are good choices)
1 clove garlic, minced
2 tablespoons chopped green bell pepper
4 fresh tomatoes, peeled and chopped
½ cup dry white table wine (you can substitute with white grape juice, apple juice or cider, vegetable stock or water)
¼ teaspoon rosemary
1 bay leaf
¼ teaspoon basil
1/8 teaspoon freshly ground black pepper

Directions:

Rinse chicken and pat dry. Set aside

Heat oil and garlic in a large non-stick skillet over medium-high heat. Add chicken and brown. Remove chicken and set aside.

Add onion and green pepper to skillet, and sauté until tender. Pour off fat.

Return chicken to skillet. Add remaining ingredients. Cover and simmer over low heat 30 minutes, or until chicken is tender.

Remove bay leaf before serving.

May serve over brown rice or whole grain pasta.

Calories: 232 kcal

Protein: 31 gm

Carbohydrates: 5 gm

Total Fat: 9 gm

Saturated Fat: 2 gm

Polyunsaturated Fat: 4 gm

Monounsaturated Fat: 2 gm

Cholesterol: 75 mg

Sodium: 77 mg

Potassium: 486 mg

Calcium: 30 mg

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