

Chicken Cacciatore

INGREDIENTS:

- 6 split chicken breasts, skinned, all visible fat removed
- 2 tbsp canola oil
- 1 clove garlic, minced
- 1 medium onion, chopped
- 2 tbsp green bell pepper
- 4 fresh tomatoes, peeled and chopped
- ¼ cup dry white table wine
- ¼ tsp rosemary
- 1 bay leaf
- ¼ tsp basil
- 1/8 tsp fresh ground black pepper



INSTRUCTIONS:

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 until tender. Drain fat and return chicken to skillet. Add remaining ingredients. Cover and simmer over low heat for 30 minutes or until chicken is tender. Remove bay leaf before serving.

NUTRITIONAL VALUE:

Calories: 227

Fat: 8.8 g

Protein: 29 g

Carbs: 4.6 g

Makes 6 servings