

CHICKEN CACCIATORA

From the American Institute of Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=9473&news_iv_ctrl=1262

Ingredients

- 1 tbsp. extra virgin olive oil
- 1 lb. whole skinless and boneless chicken breast, cut in 4 pieces
- 1 medium red onion, chopped
- 3 garlic cloves, chopped
- 8 oz. sliced white mushrooms
- 3 tbsp. chopped flat-leaf parsley, divided
- 1 tbsp. chopped fresh rosemary, or 2 tsp. dried, crumbled
- 1 can (about 15 oz.) diced tomatoes, with their juices
- 2 tbsp. red wine vinegar
- Salt and freshly ground black pepper

Instructions

1. Heat the oil in a medium skillet over medium-high heat. Brown the chicken lightly on both sides, about 8 minutes. Transfer the chicken to a plate and set aside.
2. In the same pan, sauté the onion until translucent, about 4 minutes. Add the garlic and cook 1 minute longer. Add the mushrooms and cook, stirring often, until they release their liquid and soften, about 6 minutes. Mix in 2 tablespoons of the parsley and the rosemary. Add the tomatoes, tomato paste and vinegar, scraping the bottom of the pan with a wooden spoon to incorporate any browned bits into the sauce.
3. Return the chicken to the pan. When the sauce bubbles, reduce the heat, partially cover and simmer 15 minutes. Turn the chicken and cook until it is no longer pink in the center at the thickest part, about 5 minutes longer. Season to taste with salt and pepper.
4. Divide the cacciatore among 4 plates. Garnish with the remaining parsley and serve.

Makes four servings

Nutritional information per serving (4 servings)

Calories: 211

Total fat: 5g

Saturated fat: < 1 g

Sodium: 222mg

Total carbohydrate: 12g

Dietary fiber: 3g

Protein: 29g



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