

Meats-Poultry-Game

Chicken Cacciatore

Ingredients:

3 whole chicken breasts(about 12 ounces each), boned, skinned, and cut in half

1 teaspoon salt

1/4 teaspoon freshly ground black pepper

4 ounces small white button mushrooms, sliced 1/4 inch thick

1 small onion, peeled and sliced lengthwise 1/4 inch thick

2 ribs celery, strings removed, sliced crosswise 1/4 inch thick

2 small carrots, peeled and sliced diagonally 1/8 inch thick

1 large clove garlic, minced

1/4 cup dry white wine

2 cups chopped canned tomatoes

1/2 yellow bell pepper, sliced lengthwise 1/4 inch thick

1 1/2 teaspoons finely chopped fresh rosemary

1/4 cup Homemade Chicken Stock , or canned low-sodium chicken broth, skimmed of fat

Olive-oil cooking spray

Instructions:

1. Spray nonstick skillet with olive-oil spray; place over high heat. Sprinkle chicken with 1/2 teaspoon salt and 1/8 teaspoon pepper. Cook in skillet until browned on both sides, about 6 minutes. Transfer to a plate.
2. Wipe out skillet, and respray. Add mushrooms, and cook until browned, about 5 minutes; set aside. Reduce heat to low.
3. Respray skillet; add onions, celery, carrots, and garlic; cover, and cook, stirring, until onions are translucent, 7 to 8 minutes. Add wine, and raise heat to high; cook until wine is almost evaporated, about 30 seconds.
4. Add tomatoes, yellow pepper, rosemary, stock, and remaining 1/2 teaspoon salt and 1/8 teaspoon pepper; stir to combine. Add chicken and mushrooms; bring to a boil. Reduce heat to medium low, cover, and simmer chicken until tender, about 30 minutes. Serve immediately.

Per serving: 187 calories, 3 g fat, 73 mg cholesterol, 9 g carbohydrate, 601 mg sodium, 29 g protein, 3 g dietary fiber

When you order from Gillian's,
know that we guarantee our product will arrive fresh and to your satisfaction.
Please call us at 781-586-0086 if you have any questions.
www.gilliansfoods.com