

Chicken Cacciatore

INGREDIENTS:

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| ¼ t | black pepper |
| 1/8 t | salt |
| 2 lbs | chicken breast meat, skinless |
| 1 t | olive oil |
| 1 C | sliced fresh mushrooms |
| ½ C | chopped onion |
| 2 | garlic cloves, minced |
| ¾ C | dry red wine |
| ½ t | dried oregano |
| ¼ t | crushed red pepper |
| 2 | 14.5 oz. cans plum tomatoes, undrained and chopped |

DIRECTIONS:

Sprinkle black pepper and salt over chicken breast meat and set aside. Heat olive oil in large nonstick skillet over medium heat. Add chicken and cook 5-7 minutes on each side or until lightly browned. Remove chicken from skillet, cover and set aside. Add mushrooms, onion and garlic to skillet, sauté over medium heat 5 minutes. Add wine and next 3 ingredients; bring to boil. Cook 10 minutes or until sauces is slightly thickened, stirring occasionally. Return chicken to skillet; cover and cook for 5 minutes. Uncover; turn chicken over and cook an additional 10 minutes or until chicken is done.

Makes 8 servings (4 ounce chicken = 1 serving)

Calories: 221/serving

NUTRITIONAL INFORMATION PER SERVING:

35g protein
5g carbohydrates
2.5g fat
123mg sodium
86mg cholesterol
1g fiber