

Chicken Cacciatore

Serves: 6

Ingredients

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| 1 tbsp. canola or corn oil | ¼ cup dry white wine (regular or non-alcoholic) |
| 1 medium garlic clove, minced | ¼ tsp dried rosemary leaves, crushed |
| 6 boneless, skinless chicken breast halves (about 4oz each), all visible fat discarded | ¼ tsp dried basil, crumbled |
| 1 medium onion, chopped | 1/8 tsp pepper |
| 2 tbsp. chopped green bell pepper | 1 bay leaf |
| 4 medium tomatoes, peeled if desired and chopped | 8 oz button mushrooms, sliced. |

Directions:

- In a large nonstick skillet, heat the oil and garlic over medium-high heat. Swirl to coat the bottom. Brown the chicken on both sides. Transfer to plate.
- Reduce the heat to medium and cook the onion and green pepper for 2 to 3 minutes, or until the onion is soft, stirring occasionally.
- Return the chicken to the skillet. Stir in the remaining ingredients, except the mushrooms. Bring to a simmer. Reduce heat and simmer, covered, for 20 minutes.
- Stir in mushrooms. Simmer, covered for 10 minutes, or until the chicken is tender. Remove the bay leaf before serving the chicken.

Nutrition Per Serving: Calories 190, Total Fat 4g (0.5g saturated fat), Cholesterol 66mg, Sodium 82mg, Carbohydrates 8g, Fiber 2g, Sugar 5g, Protein 29g, Calcium 34g, Potassium 702g.