

Chicken Caccitore

Anthony Stingo
cooking for your health:

Servings: 4

Yield: 4 ounces

2 pounds chicken breast halves without skin, Lightly beaten
1/2 cup red bell pepper, diced
1/2 cup green pepper, diced
1/2 cup Red Onion, finely chopped
1 teaspoon garlic, Finely chopped
1 cup tomato, red ripe, Coarsely chopped
1 pinch kosher salt, coarsely ground
1 1/2 tablespoons olive oil
1/4 cup all-purpose flour
1 cup mushroom, sliced
1 teaspoon basil leaf, chopped
1 pinch Oregano, ground

Cuisine: country

full body - 5, heart healthy - 7

Preparation Time: 30 minutes

Butterfly and Pound down the chicken breast, so that the breasts are even. This will allow the chicken to cook evenly and not over cook.

In a hot sautee pan heat the oil, drage the chicken in the flour, add to the pan(allow the breast to lightly brown, then turn over and repeat. Take chicken out of the pan and place on the side for a while.

In the same pan that you removed the chicken from, there should be a little oil left. add the onions, peppers, mushrooms. add the butter and stir until veggies are tender

add the garlic and brown it slightly add the tomatoes, basil and oregano to the mixture.

Return the chicken to the pan let simmer for about 10 minutes

Well, well look at that we have something NOW !

Take the cicken out of pan and place on two dinner plates. Taste the mixture and add salt & pepper as needed. Place mixture on top of the Golden Brown Chicken breast. AND you have a light but flavourful chicken dish

Breast of Chicken topped with garden veggies

Per Serving (excluding unknown items): 306 Calories; 8g Fat (23.2% calories from fat); 44g Protein; 13g Carbohydrate; 2g Dietary Fiber; 105mg Cholesterol; 154mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Lean Meat; 1 1/2 Vegetable; 1 Fat.