



Rustic Chicken Cacciatore

Makes 8 servings

- ¼t black pepper
- ⅛t salt
- 2lb skinless chicken breast
- 1t olive oil
- 1C fresh mushrooms, sliced
- ½C chopped onion
- 2 cloves garlic, minced
- ¾C dry red wine
- ½t dried oregano
- ¼t crushed red pepper
- 2 can of plum tomatoes, undrained and chopped 14.5 oz.

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

Sprinkle black pepper and salt over chicken breast meat and set aside. Heat olive oil in large non-stick 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 for 5 minutes. Add wine and next 3 ingredients; bring to boil. Cook 10 minutes or until sauce 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.