



Chicken Cacciatore

A traditional Italian stew meaning prepared "hunter-style."
Serve with crusty bread and salad.

<u>U.S.</u>		<u>Metric</u>
1 lb	Chicken breast, cubed	445 g
1/4 tsp	Salt	.75 g
1/4 tsp	Black Pepper	.75 g
2 tsp	Olive oil	10 mL
1 medium	Onion, thinly sliced	110 g
1 medium	Red bell pepper, thinly sliced	119 g
8 oz	Mushrooms, thinly sliced	226 g
2 each	Garlic cloves, minced	2 cloves
1/4 tsp	Red pepper flakes	.75 g
1/2 cup	White wine	118 mL

Preparation:

1. Gather all ingredients and equipment.
2. Season the chicken on both sides with salt and pepper.
3. Place a large pot on the stove over medium-high heat and add the olive oil. Add the chicken and cook chicken on both sides, about 6 minutes.
4. Remove the chicken from the pot and reserve for later. Reduce the heat to medium and add the onion, bell pepper, and sauté for 4-5 minutes.
5. Add the sliced mushrooms and cook for an additional 4-5 minutes or until mushrooms start to turn golden brown. Add the garlic and red pepper flakes and cook for 1-2 minutes.
6. Add the white wine, scrape the bottom of the pot with a wooden spoon and cook until the wine has reduced by half.
7. Add the tomatoes and oregano and simmer the ingredients for 8-10 minutes.
8. Add the chicken breast back to the pot and continue to simmer the ingredients for 10-15 minutes, until the chicken is fully cooked.

Nutrition Facts

Serving size	4 oz
Servings	4
Calories	242
Calories from Fat	50
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	73 mg
Sodium	400 mg
Carbohydrates	15 g
Dietary Fiber	4 g
Sugars	9 g
Protein	28 g
Vitamin A	112 %
Calcium	5 %
Vitamin C	87 %

Iron	16 %
Phosphorus	344 mg
