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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg***Easy Chicken Cacciatore****Not Your Mama’s Kitchen* *Variety Shopping List**MyPlate2Yours - Lynn Dugan*Serving Size: 4Ingredients1 pound boneless, skinless chicken breasts1 tablespoon olive oil1 small onion, sliced into thin wedges1 garlic clove, minced1 green bell pepper, cut into ½-inch stripsSalt and ground black pepper1 can (15 ounces) diced tomatoes (undrained)1 can (15 ounces) tomato sauce¼ cup red wine (optional)2 bay leaves½ pound cooked pasta, cooked as directedShredded Parmesan cheese, for garnishDirections1. Season chicken with salt and pepper. 2. Heat oil in a skillet. Add the chicken and brown on one side for 2-3 minutes. Using tongs, flip chicken over to brown the other side for 2-3 minutes. 3. Add garlic, onion, and bell pepper to pan. Sauté vegetables briefly, scraping the pan for any remnants of cooked chicken. 4. Add diced tomatoes, tomato sauce, bay leaves and wine, if using. Heat to slight boil, then reduce the heat and cover with a lid. Simmer the chicken for 20-30 minutes, until internal temperature is 165°F. 5. Serve over cooked pasta, if desired. Garnish with shredded Parmesan cheese. Enjoy! |