

Chicken Cacciatore



Chicken Breasts Baked on a Bed of Onions, Mushrooms, Peppers, and Rosemary Seasoned Marinara Sauce.

4 servings

Ingredients:	Instructions:
<p>2/3 cup Marinara Sauce – Buy ready-made or create from scratch:</p> <ul style="list-style-type: none"> - ½ tsp Vegetable oil - 2 tbsp Yellow onion, diced ¼” - 1 tsp Garlic, chopped. - 1 tbsp Carrot, fine diced - 1 tbsp Celery, fine diced - 1 tsp Basil, dried - ½ tsp Oregano leaves, dried - ¼ tsp White pepper, ground - 1 tbsp Tomato paste - 1 can (14oz) of Tomatoes - no added salt - 1 tbsp Water - 1 tsp Parsley - ½ tsp sugar <p>2 oz Yellow Onion, sliced 2 oz Mushrooms, sliced ¼” 2 oz Green Bell pepper - sliced in strips. 1 tsp Poultry Seasoning 1 tsp Rosemary – Ground 4 Chicken breast – raw, boneless, skinless 4 - 5 oz 1 oz Flour 2 tsp Vegetable oil</p>	<p>Marinara Sauce: In a sauce pot heat oil over medium heat. Add onion, garlic, carrot, and celery. Sweat until vegetables are tender. Stir in basil, oregano, and pepper. Add Tomato paste. Cook for 5 minutes. Add Tomatoes, water, parsley, and sugar. Simmer for 1 to 1 ½ hours.</p> <p>Layer raw onions, mushrooms, green pepper, poultry seasoning, rosemary, and marinara sauce in an oven safe pan. Dredge chicken in flour, sauté on grill or in a pan sprayed with oil until golden brown on both sides. Arrange chicken breasts on top of vegetables in pan, cover tightly with foil. Bake in a 350°F standard (325°F Convection) oven until minimum internal temperature of chicken is 165°F.</p>

Nutrition information: Per serving 270 calories, 6g total fat, 1g saturated fat, 0g trans fat, 95g cholesterol, 210mg sodium, 11g carbohydrate, 1g fiber, 3g added sugar, 32g protein.