Chicken Cacciatore
Serves 6

Ingredients:
2 pounds chicken quarters (3 quarters)
1 tablespoon olive oil
1 medium onion, sliced
1 medium green pepper, sliced
½ pound mushroom, sliced
2 cloves garlic, minced
1 can (15-ounce) tomato sauce, no-salt added
1 can (15–ounce) can diced tomatoes, no-salt added
½ cup white wine or low-sodium chicken broth
½ tsp dried oregano (or 1 Tablespoon fresh, chopped)
½ tsp dried basil (or 1 Tablespoon fresh, chopped)
½ tsp pepper
¼ tsp salt

Directions:
1. Cut the chicken quarters in half to have three thighs and three legs. Remove skin from chicken pieces.
2. In a heated skillet, add the oil; brown the chicken for 3 minutes. Remove the chicken from the skillet and set aside.
3. Add the onion, garlic, green pepper and mushroom and sauté for 3 minutes.
4. Add the tomato sauce, diced tomatoes, white wine, seasonings and chicken; bring to a boil. Reduce heat; simmer, covered, for 30 minutes or until chicken is thoroughly cooked through.

Recipe Notes:
1. May substitute 1¼ pound boneless chicken breast for the chicken quarters.
2. Suggest serving over brown rice, whole wheat pasta, or polenta.

Diabetic Exchange:  3 Lean Meat Exchanges; 2 Vegetable Exchanges

Nutritional Information per serving:
Calories:  187          Carbohydrates:  12 g
Total Fat:  3 g           Cholesterol:  72 mg
Saturated Fat:  1 g       Dietary Fiber:  3 g
Sodium:  250 mg           Protein:  26 g