

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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