

Chicken Cacciatore FIT

Serving Size: 4.5 oz chicken, 5 fl. oz. sauce Makes 4 servings

Ingredients:

6 each	Chicken Thigh, boneless, skinless (6 oz wt each)
1/4 tsp.	Salt
1 ¼ tsp.	Black Pepper
1/3 cup	All Purpose Flour
2 TBSP	Canola Oil
1/3 cup	Yellow Onion, thin slice
2 ½ tsp	Garlic, chopped
3 oz.	Button Mushrooms, sliced
1/3 cup	Green Bell Pepper, thin sliced
1/3 cup	Red Bell Pepper, thin sliced
1/4 cup	White Wine
1/3 cup	Chicken Stock, low sodium
3/4 cup	Crushed Tomatoes, canned
1 TBSP	Basil, fresh, chopped
3 tsp.	Parsley, fresh, chopped
1/2 tsp.	Rosemary, fresh, chopped

Preparation:

1. Season the chicken with salt and pepper; dredge chicken thighs in flour and shake off excess.
2. Heat oil in a large skillet and add chicken. Lightly brown chicken on both sides until golden brown, remove and set aside.
3. In the same pan, add onions, garlic, mushrooms and peppers. Sauté for about 3 minutes, until onions are translucent.
4. Deglaze pan with the wine and then add chicken stock and crushed tomatoes. Bring to a simmer; keep stirring.
5. Add chicken back into pan; add basil, parsley and rosemary. Simmer all ingredients over low heat for 30 - 45 minutes, or until chicken is tender and reaches 165°F.

NUTRITION FACTS PER SERVING

calories	380
total fat (g)	19
saturated fat (g)	4
trans fat (g)	0
sodium (mg)	430
total carbohydrate (g)	15
dietary fiber (g)	2
sugar (g)	4
protein (g)	35



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RD NOTE:

Use low sodium (or no salt added) stock to help keep sodium in check.



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