CHICKEN CACCIATORE

Chicken Cacciatore is an Italian dish that combines a savory braise of chicken, mushrooms, and tomatoes. It is low in carbohydrates and high in protein. Due to their exposure to UV rays or sunlight, mushrooms are a natural, non-animal source of vitamin D2; our body turns this into the active form of vitamin D. We need vitamin D to absorb calcium and keep our bones healthy. If you want to further elevate this dish, try replacing the apple cider vinegar with dry white wine. Enjoy!

Yield: 4 servings

Ingredients

- 4 **skinless chicken breast** halves on the bone, about 2 pounds
- 2 teaspoons **olive oil**
- 1 medium **onion**, thinly sliced
- 1 **red bell pepper**, thinly sliced
- ½ pound **white mushrooms**, thinly sliced
- 2 **garlic cloves**, minced
- ½ cup apple cider vinegar
- 1 (15 ounce) can **no-salt-added diced tomatoes**, juice reserved
- ½ teaspoon **dried oregano**
- 1/8 teaspoon **red pepper flakes** or more to taste
- ¼ teaspoon **salt**
- ¼ teaspoon **black pepper**

Instructions

1. Pat the chicken dry with paper towels, then season it with salt and pepper.
2. Heat the oil in a sauté pan over medium high heat. Brown the chicken on both sides, about 8 minutes. Remove the chicken.
3. Reduce the heat to medium. Add the onion and bell pepper and cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes. Add the mushrooms and cook, uncovered and stirring occasionally, until the mushrooms begin to brown. Add the garlic and cook, stirring, for 30 seconds.
4. Add the wine and cook until reduced by half.
5. Add the tomatoes with juices, oregano, red pepper flakes, salt, and black pepper and simmer the mixture (covered) for 10 minutes.
6. Return the chicken breasts to the pan and simmer (covered) until the chicken is just done, about 20 minutes longer.

Per Serving: Calories 169, Carbohydrates 4 g, Protein 27 g, Saturated Fat 1 g, Sodium 129 mg, Fiber 1 g, Sugars 2 g

This recipe is featured in the September 2021 issue of Beyond the Kitchen and was adapted from Food Network Magazine