

## Chicken Cacciatore



This tasty dish that requires only one container is delicious and easy.  
PORTION SIZE: 2 CUPS – YIELDS 8 PORTIONS

### INGREDIENTS

- 3 slices turkey bacon, cut in ½ -inch chunks
- 2 large onions, peeled and cut in ¼-inch slices
- 2 stalks celery, cut in ¼-inch slices
- 2 large cloves garlic, peeled and cut in small slices
- 1 pound white mushrooms, cleaned and cut in ¼-inch slices
- ½ cup whole wheat flour
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- ¼ teaspoon black pepper
- 2 pounds skinless chicken breasts, quartered
- 1 ½ cup low-salt chicken broth
- 3 tablespoons tomato paste
- 1 16-ounce can cubed unsalted tomatoes

## INSTRUCTIONS

1. Heat the oven to 375 degrees.
2. Place the bacon, onion and celery in an 11 x 13-inch rectangular roasting pan and place it in the oven.
3. Cook for 10 minutes, stirring twice, until they are crispy.
4. Add the garlic and stir.
5. Cook 5 minutes, then mix in the cut mushrooms.
6. Cook for 15 minutes.
7. In a large zip-lock plastic bag, mix the whole wheat with the thyme, rosemary and black pepper
8. Add the chicken and shake until it is coated. Remove from the bag; shake the chicken pieces for them to loosen excess flour and place them in the roasting pan with the mushroom mixture.
9. Add the broth, tomato paste and cubed tomatoes.
10. Stir and cook for 20 to 25 minutes until thick and bubbly. The chicken must be well cooked.
11. Serve with rice or pasta and you will have a delicious home-cooked meal.

## NUTRITIONAL INFORMATION PER PORTION

Calories 231

Fat (g) 5.36

Cholesterol (mg) 71.26

Saturated fat (g) 1.46

Sodium (mg) 214