

Chicken with Mushroom Cacciatore Sauce

Ingredients: *Makes 4 servings*

1 tablespoon olive oil, plus more in a pump sprayer

2 (12-ounce) boneless, skinless chicken breasts, pounded to even thickness, each cut in half crosswise to make 4 serving pieces

¼ teaspoon freshly ground black pepper

8 ounces white button baby bella or cremini mushrooms, thinly sliced

1 medium yellow onion, finely chopped

½ medium green bell pepper, cored and cut into ½-inch dice

1teaspoon minced garlic

1 (14.5 ounce) can no-salt added diced tomatoes with juice, undrained

¼ cup hearty red wine, dry vermouth, or water

1tablespoon Italian herb seasoning or dried oregano

1 tablespoon Mrs. Dash Tomato, Basil, Garlic seasoning

Recipe:

Spray a large nonstick skillet with oil and heat over medium heat. Season the chicken with pepper and add to the skillet, and cook, turning halfway through cooking, until golden brown on both sides, about 6 minutes. Transfer to a plate.

Heat the 1 tablespoon oil in the skillet over medium heat. Add the onion, bell pepper, and garlic and cook, stirring occasionally, until softened, about 5 minutes. Stir in the tomatoes with their juice, the wine, Mrs. Dash, and the herb seasoning. Bring to a simmer, scraping up the browned bits in the skillet with a wooden spoon. Reduce the heat to medium-low and simmer until the liquid is slightly reduced, about 5 minutes.

Return the chicken to the skillet and cover with the lid ajar. Simmer until the chicken is opaque when pierced in the thickest part with the tip of a sharp knife, 6 to 8 minutes. Serve hot.

Nutritional analysis:

(1 serving) 281 calories, 38 g protein, 10 g carbohydrates, 8 g fat, 3 g fiber, 109 mg cholesterol, 75 mg sodium, 895 mg potassium. Food groups: 5 ½ ounces meat, 2 ½ vegetables.

(For smaller appetites: 1 serving with recipe divided into 6 servings) 188 calories, 25 g protein, 7 g carbohydrates, 1 g fat, 2 g fiber, 73 mg cholesterol, 326 mg sodium, 597 mg potassium. Food groups: 3 ½ ounces meat, 1 vegetable.