

Chicken

Chicken Cacciatore Parmesan

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Servings: 4

Preparation Time: 32 minutes

Start to Finish Time: 40 minutes

2 tablespoons all-purpose flour

4 6-ounce boneless/ skinless chicken breast halves

1 tablespoon oil

2 medium yellow peppers, cut in strips

1 medium onion, sliced

1 package (8 oz) sliced mushrooms

1 cup jarred marinara sauce

1/4 cup water

1/4 cup kalamata olives, pitted

1/2 cup mozzarella cheese, shredded

Spread flour on wax paper. Dip the chicken in the flour to coat.

Heat 1 1/2 teaspoons of oil in a 12-inch nonstick skillet over medium-high heat. Cook the chicken for 8 to 10 minutes, turning once, until browned and cooked through.

Place the chicken in an 8x8x2-inch baking dish.

Heat the remaining oil in the same skillet over medium-high heat. Add the peppers, onions and mushrooms. Saute' for 12 minutes or until tender.

Off the heat, pour the sauce into the skillet. Stir in the water and olives. Spoon over the chicken in the baking dish. Sprinkle with cheese.

Cover with plastic wrap, then tightly cover with nonstick foil. Label and freeze for up to three months.

Thaw in the refrigerator overnight.

Preheat the oven to 350 degrees.

Remove the foil and plastic wrap, then recover with the nonstick foil.

Bake for 35 to 40 minutes until the sauce bubbles around the edges, the cheese melts and the chicken is heated through.

Per Serving (excluding unknown items): 160 Calories; 11g Fat (61.0% calories from fat); 5g Protein; 11g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 298mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 Fat.