

CHICKEN CACCIATORE



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Ingredients

Yield: 4

- 1lb skinless, boneless chicken breast
- 1 large tomatoes, chopped or 1 can diced tomatoes low sodium
- 1/2 large onion, thinly sliced
- 1 c sliced mushrooms
- 6 tbsp red wine
- 1 1/2 cloves garlic, minced or 1.5 tsp preminced
- 1/2 tbsp olive oil
- Pinch of sea salt
- Italian seasoning to taste
- 2 c brown rice

Directions

1. On a medium setting, heat oil in a large skillet and add chicken, onion, garlic and red wine. Cook for about 15 minutes.
2. Turn down heat to med-low. Add mushrooms, tomatoes, sea salt, and Italian seasoning. Cook until chicken is cooked thoroughly throughout and vegetables are tender. Cook and serve with ½ cup brown rice.

Nutritional Information

(used 1/8 tsp salt)

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
4 oz breast	171	2.8 g	23 g	5 g	668 mg

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup rice	110	1 g	2.5 g	22 g	5 mg

Carbohydrate Exchanges: 2 (4 oz chicken and ½ cup rice combined)