

Chicken Cacciatore

This classic Italian dish features fresh green bell peppers, tomatoes, and peas. It's simple and easy to make!

Preparation Time: 30 Minutes

Ingredients:

2 large green bell peppers

1 clove garlic, minced

4 large tomatoes, chopped

1 pound boneless, skinless chicken breast, cut into bite-sized pieces

2 Tbsp olive oil

¼ c fresh basil, chopped

1 cup peas

1 cup long grain brown rice, cooked

Directions:

Heat oil in large skillet.

Saute pepper and garlic for about 5 minutes, until soft. Add chopped tomatoes, chicken and peas. Stir together.

Simmer on low-medium heat for about 20 minutes, stirring occasionally.

Serve over cooked rice.



Nutritional Information

Makes 4 servings

Nutrition Information per Serving:

Calories: 311

Total Fat: 11g

Saturated Fat: 2g

% of Calories from Fat: 31%

Protein: 28.12g

Cholesterol: 62.65mg

Carbohydrates: 26mg

Dietary Fiber: 5.64g

Sodium: 104.28mg

Source: www.fruitsandveggiesmorematters.org