



Mom's Chicken Cacciatore



Where service *and savings* matter.

SERVINGS: 8

INGREDIENTS:

- 1/2 cup all-purpose flour for coating
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 (3 1/2 to 4 pound) chicken, cut into pieces, skin removed
- 2 Tbsp Food Club canola oil
- 1 onion, coarsely chopped
- 2 cloves garlic, minced
- 1 green bell pepper, coarsely chopped
- 2 carrots, coarsely chopped
- 1 – 14.5 oz can Food Club diced tomatoes
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/8 tsp cayenne pepper
- 1/2 cup white or red wine
- 2 cups fresh mushrooms, quartered
- Salt and pepper to taste (not included in analysis)
- 1 – 13.25 oz box Ronzoni Healthy Harvest Whole Wheat Blend penne pasta

NUTRITIONALS

Nutritional analysis per serving:
 calories 490, calories from fat 90,
 total fat 10g, saturated fat 1.5g,
 cholesterol 130mg, sodium 450mg,
 total carbohydrate 53g, dietary
 fiber 8g, sugars 5g, protein 48g,
 vitamin A 70%, vitamin C 35%,
 calcium 30%, iron 25%

DIRECTIONS:

1. Combine the flour, salt and pepper in a plastic bag. Shake the chicken pieces in flour until coated. Heat the oil in a large skillet (one that has a cover/lid). Fry the chicken pieces until they are browned on both sides. Remove from skillet.
2. Add the onion, garlic and bell pepper to the skillet and sauté until the onion is slightly browned. Return the chicken to the skillet and add the carrots, tomatoes, oregano, basil, cayenne pepper and wine. Cover and simmer for 30 minutes over medium low heat.
3. Add the mushrooms & simmer for 10 more minutes; cook pasta according to package directions.
4. Add more salt & pepper if desired & serve cacciatore over hot pasta.

Source: adapted from allrecipes.com

Tip: Stir leftover flour from coating into tomatoes as a thickener before adding it to the skillet.

visit unitedtexas.com for more recipe ideas

★ Mom's Chicken Cacciatore ★

Shopping List

PRODUCE:

- 1 onion
- Garlic
- 1 green bell pepper
- 2 carrots
- 2 cups fresh mushrooms

MEAT/POULTRY/SEAFOOD:

- 1-4 lb chicken

WHOLE GRAINS/ BREADS/PASTA:

- Ronzoni Healthy Harvest Whole Wheat blend penne pasta

SPICES/SEASONINGS:

- Salt
- Pepper
- Dried oregano
- Dried basil
- Cayenne pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- All-purpose flour
- Canola oil
- 1-14.5 oz can diced tomatoes
- White or red wine

FOLD