

CHICKEN CACCIATORE



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra-virgin Olive Oil	3 Tsp.	IP Balsamic Vinegar	1 Tbsp.
Boneless, Skinless Chicken Breasts	2 Lb.	Crushed Tomatoes	1 (28 Oz.) Can
Kosher Salt	1 Tsp.	Green Bell Pepper, Sliced	1
Ground Black Pepper	½ Tsp.	Sliced Baby Bella (Cremini) Mushrooms	8 Oz.
Shallot, Sliced	1	Italian Seasoning	2 Tsp.
Garlic Cloves, Minced	3	Zucchini Noodles or Spaghetti Squash, Baked and Shredded	
Freshly Grated Parmesan Cheese (Maintenance Only)		Chopped Fresh Parsley	



PREPARATION

- Heat 1 tbsp. olive oil in a large skillet over medium-high heat.
- Season chicken breasts on both sides with kosher salt and black pepper.
- Add chicken to skillet and cook until golden, about 3-4 minutes per side. Remove chicken and set aside.
- In the same skillet, add the remaining olive oil.
- Sauté sliced shallot and minced garlic for about 2-3 minutes until fragrant.
- Add the balsamic vinegar to the skillet, scraping up any browned bits from the bottom of the pan.
- Stir in crushed tomatoes, sliced green bell pepper, sliced mushrooms, and Italian seasoning. Combine well.
- Return chicken to the skillet, nestling it into the sauce.
- Cover and simmer over low heat until the chicken is cooked through and tender (about 20 minutes)
- Serve hot over zucchini noodles or spaghetti squash.
- Garnish with chopped fresh parsley, and if in maintenance, sprinkle with freshly grated Parmesan cheese.