



FAST SKILLET CHICKEN CACCIATORE

Advanced Lifestyle

INGREDIENTS

1 ½ TBS olive oil, divided	1 cup thinly sliced red bell pepper
1 ½ TSP finely chopped fresh rosemary	½ cup thinly sliced green bell pepper
1 TSP finely chopped garlic	1 (8-ounce) package pre-sliced cremini mushrooms
¼ TSP kosher salt	½ cup dry red wine (such as Chianti)
¼ TSP freshly ground black pepper	½ cup coarsely chopped fresh basil, divided
4 (6-ounce) skinless, boneless chicken breast halves	¼ teaspoon crushed red pepper
Cooking spray	1 (15-ounce) can crushed tomatoes
1 cup thinly sliced onion	

INSTRUCTIONS

—Combine 1 1/2 TSP oil, rosemary, garlic, salt, and black pepper in a small bowl, stirring with a whisk. Rub oil mixture evenly over chicken.

—Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 2 minutes on each side (chicken will not be cooked through). Remove chicken from pan.

—Add remaining 1 TBS oil to pan; swirl to coat. Add onion, bell peppers, and mushrooms; cook 4 minutes, stirring occasionally. Add wine; cook 1 minute or until liquid is reduced by half. Stir in 1/4 cup basil, crushed red pepper, and tomatoes; cook 1 minute.

—Return chicken to pan; turn to coat. Reduce heat; cover and simmer 15 minutes or until chicken is done. Sprinkle with remaining 1/4 cup basil.

SERVING INFO: (Yields 4 servings):

1 chicken breast half + about 1 cup sauce = 1 P, 2 V, 1/2 FT

See photo of recipe at [Instagram](#) and [Facebook](#).