



NUTRITION CONSULTING INC.

Chicken Cacciatore

Serve with pasta, and a tossed salad for a complete meal.

Makes 4 servings

What you need:

500 g chicken breasts (about 4)
2 tbsp olive oil
2 cloves garlic (crushed)
21 oz tomato sauce (284 ml)
1 1/4 cups water
2 tsp oregano
4 carrots diced
1 onion diced
2 cups sliced mushrooms
Salt and pepper to taste



How you prepare:

Brown garlic in oil then add chicken and cook until browned. Place in a casserole dish and add the rest of ingredients except the mushrooms. Cover and bake at 350 degrees F for about 1 hour. Add the mushrooms during the last 15 minutes of cooking.

Hint: Add more of any vegetable to increase the volume.

Per serving:

Calories 303
Carbohydrates 24 g
Protein 33 g
Fat 9 g
Dietary Fiber 6 g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www](http://www.healthstandnutrition.com)

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