

## Low-Point Chicken Cacciatore

### Ingredients:

- 5, 4 oz. boneless, skinless chicken breasts
- salt and pepper to taste
- 1/4 cup flour
- 1 1/2 Tbs olive oil
- 1 small green bell pepper, chopped
- 1 tsp. onion powder or 1/4 cup chopped onion
- 2 garlic cloves, chopped
- 1/2 cup white wine
- 1 1/2 Tbs capers
- 1/2 tsp. oregano
- 1, 14.5 oz. can diced tomatoes, with juice
- 1/4 cup chopped mushrooms
- 1 bay leaf, optional
- 1/2 cup chicken broth
- 1/2 tsp. red pepper flakes, optional
- 1/4 cup chopped fresh basil
- Pam cooking spray

Cut chicken into small cubes. Sprinkle with salt, pepper, and onion powder and dredge the chicken pieces through flour. Heat large skillet over medium-high heat with olive oil. Sauté chicken, stirring occasionally to evenly brown (approximately six minutes). Remove chicken and spray same skillet with Pam cooking spray. Add the bell pepper and garlic and sauté for about five minutes. Add wine and bay leaf and let cook until wine is reduced by half. Remove bay leaf and add capers, oregano, tomatoes, mushrooms, chicken broth, and red pepper flakes. Return the chicken to the skillet and turn heat down to medium. Cook for about 15 minutes (or until chicken is cooked through). Sprinkle with fresh basil and serve over rice, noodles, or tortellini and enjoy.

Total servings - About 6 cups

Serving size - 1 cup

Points per serving - 4

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"If we're growing, we're always going to be out of our comfort zone."  
- John Maxwell***