

Chicken in Tomato-Vegetable Sauce

Preparation Time: 16 minutes

Cooking Time: 20 minutes

Ingredients

- 1 tablespoon olive oil
- 1 cup sliced leeks
- 2 cloves garlic, minced
- 4 (4-ounce) skinned, boned chicken breast halves, cut diagonally into thin strips
- 1 teaspoon dried basil
- 1 teaspoon dried oregano

- 1 (14 ½-ounce) can no-salt-added whole tomatoes, undrained and chopped
- 1 medium zucchini, sliced
- ½ cup canned low-sodium chicken broth, undiluted
- ¼ cup Chablis or other dry white wine
- ¼ teaspoon salt

- ¼ cup no-salt-added tomato paste

- 4 cups cooked long-grain rice (cooked without salt or fat)
- 2 tablespoons freshly grated Parmesan cheese
- Fresh basil sprigs (optional)

Directions

1 Heat oil in a large skillet over medium-high heat until hot. Add leeks and garlic; sauté 3 minutes or until tender. Add chicken, and sauté 7 minutes or until chicken is done. Stir in basil and oregano. Remove chicken from skillet; set aside, and keep warm.

2 Add tomato and next 4 ingredients to skillet; bring to a boil. Stir in tomato paste; cover, reduce heat, and simmer 10 minutes.

3 Add chicken, and cook until thoroughly heated. Serve over rice. Sprinkle evenly with Parmesan cheese. Garnish with basil sprigs, if desired. Yield: 4 servings.

Nutritional content per serving:

Calories 449

Fat 7.1g (Sat Fat 2.0g) Carbohydrate 61.1g

Fiber 1.6g Protein 33.7g Cholesterol 66mg

Sodium 365 mg

Providing guidance and support to make the "healthy choice the easy choice!"



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