

# Chicken Cacciatore



NUTRITION CONSULTING INC.

*It's your health. Take a stand.*

**Makes 4 Servings**

## What You Need

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

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

## Per Serving

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

## 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.