

Chicken Cacciatore

Makes: 4 servings

Ingredients

- 1 onion (chopped)
- 1 cup canned tomatoes
- 1/2 cup tomato sauce
- 1/8 teaspoon garlic powder
- 1 teaspoon oregano
- 1/8 teaspoon pepper
- 4 chicken pieces, skin removed (thighs, breasts, or legs)

Directions

1. Peel and chop the onion.
2. Put the chopped onion in a saucepan.
3. Add the tomatoes, tomato sauce, garlic powder, oregano, and pepper.
4. Simmer on low heat for 3 minutes.
5. Wash the chicken inside and out with clean water. Remove the skin.
6. Add the chicken to the sauce pan.
7. Cover the pan.
8. Cook over low heat for about 1 hour until the chicken is tender.

Nutrition Information

Nutrients	Amount
Calories	280
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	141 mg
Sodium	129 mg
Total Carbohydrate	9 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	2 g
Protein	42 g
Vitamin D	0 IU
Calcium	62 mg
Iron	3 mg
Potassium	677 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	3/4 cup
 Protein Foods	5 ounces

Notes

Learn more about:

- [Onions](#)
- [Tomatoes](#)

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes