Volumetrics Chicken Cacciatore

4 servings | serving size: 1½ cups chicken and vegetables plus ½ cup pasta

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh onion, bell pepper, garlic, and mushrooms by gently rubbing under cold, running water. Prewashed, packaged items do not require further washing. Do not rinse raw chicken.

Ingredients

1½ cups whole-wheat penne pasta (4 ounces)
3 Tablespoons all-purpose flour
¼ teaspoon ground black pepper
1 pound skinless, boneless chicken breast fillets, cut into 1-inch cubes
1 Tablespoon olive oil
1 medium onion, chopped
1 medium green bell pepper, chopped
3 cloves garlic, minced
3 cups sliced button mushrooms (10 ounces)
1 (14.5 ounce) can no-salt added crushed tomatoes with basil
½ cup dry red wine
2 teaspoons dried oregano

Directions

1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, combine flour and pepper in a plastic bag. Add chicken and shake to coat in the flour mixture. Remove chicken pieces from the bag, shaking off any excess flour. Rewash hands with soap and water.
3. Spray the bottom of a large saucepan with cooking spray, add oil, and heat on medium. Add the chicken and cook until the internal temperature reaches 165°F on a food thermometer. Remove from pan and keep warm.
4. Add the onion, bell pepper, and garlic to a saucepan and cook, stirring occasionally, until soft, about 5 minutes.
5. Add the mushrooms and cook for another 7 minutes, until the mushrooms have released their liquid and are soft. Add the tomatoes, wine, oregano, and chicken and cook, stirring occasionally, for about 5 minutes.

Calorie Density: 0.89 calories per gram