

Recipe of the Month

Chicken Cacciatore

(end the year with this warm, hearty, and healthy dish)

You'll Need:

2 Tbsp olive oil	8 boneless chicken thighs (or combination of thighs and drumsticks)
Salt and freshly ground black pepper	1 red bell pepper, thinly sliced
1 medium onion, thinly sliced	4 cloves garlic, minced
1 tsp crushed red-pepper flakes	10-12 green or black olives, pitted and roughly chopped
½ cup dry red wine	1 ½ cups chicken stock
1 lb roman tomatoes, coarsely chopped	2 Tbsp chopped flat leaf parsley

How to Make It:

1. Heat the olive oil in a large sauté pan on high. Season the thighs with salt and pepper and add them to the skillet, skin side down. Cook, turning occasionally, until they're deeply brown and crisp on all sides, about 8-10 minutes. Remove them from the pan.
2. Lower the heat. Add the bell pepper, onion, garlic, pepper flakes, and olives. Cook until the vegetables soften, about 10 minutes. Pour in the wine; simmer, stirring occasionally, until the wine nearly evaporates, about 5 minutes.
3. Add the stock, tomatoes, and chicken, tucking it skin side up into the vegetables. Bring to a simmer and cook over medium heat for another 20 minutes, until the chicken is nearly falling off the boned and the sauce is reduced by half. Add salt and pepper to taste. Sprinkle on the parsley.

Make 4 servings.

Per Serving: 490 calories, 35 grams (g) protein, 15g carbohydrates (3g fibre), 29g fat, 360 milligrams sodium.

Tips:

*The secret to braising; take time to deeply brown the meat beforehand. Its skin will be crisp, and its fat will enhance the sauce.

*Chicken thighs trump breasts for flavour-save 40 calories by using skinless thighs.

*Polenta is the perfect partner for this dish. It cooks in minutes and provides a soft, silky bed for the pan juices.