Easy Bistro Chicken

You can chop the tomatoes in the can using kitchen shears.

Photo by: Photo: Oxmoor House

YIELD: 8 servings (serving size: 1 chickenbreast half or 1 thigh and 1 drumstick, 1/2 cup sauce, and 1 cup pasta)
COURSE: Main Dishes

Ingredients

2 tablespoons olive oil, divided

4 (6-ounce) chicken breast halves, skinned

4 chicken thighs (about 1 pound), skinned

4 chicken drumsticks (about1 pound), skinned

2 cups chopped onion

4 garlic cloves, minced

1 cup chopped celery

1/2 cup chopped fresh basil

1/2 cup chopped fresh flat-leaf parsley

1/2 cup red wine vinegar

1/4 cup sliced green olives

1/4 cup capers

1 tablespoon sugar

Dash of ground red pepper

2 bay leaves

1 (28-ounce) can Italian-style tomatoes, undrained and chopped

8 cups hot cooked macaroni or cavatappi

Parsley sprigs (optional)

Preparation

Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Add chicken breast halves to pan; sauté 2 minutes on each side or until lightly browned. Remove from pan. Add 1 1/2 teaspoons oil and remaining chicken pieces; sauté 2 minutes on each side or until lightly browned. Remove chicken from pan.

Heat 1 tablespoon oil in pan. Add onion and garlic; sauté 5 minutes. Add celery; sauté 5 minutes. Add basil and next 8 ingredients (basil through tomatoes). Return chicken to pan; bring to a boil. Cover, reduce heat, and simmer 20 minutes.

Uncover and simmer 25 minutes or until chicken is tender. Discard bay leaves. Serve with pasta. Garnish with parsley sprigs, if desired.

Nutritional Information

Amount per serving

Calories:	406
Calories from fat:	18%
Fat:	8.3g
Saturated fat:	1.6g
Monounsaturated fat:	3.9g
Polyunsaturated fat:	1.6g
Protein:	37.9g
Carbohydrate:	43.6g
Fiber:	3g
Cholesterol:	99mg
Iron:	4mg
Sodium:	663mg
Calcium:	79mg

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