



DINNER

Crock Pot Chicken Cacciatore

Makes 5 servings (serving size = 1/5 of recipe)

Ingredients:

1 1/4 pounds of raw skinless chicken breast
 1 x 28 oz can crushed tomatoes
 1/2 cup low-sodium chicken broth
 1 green bell pepper
 1 yellow or red bell pepper
 1 small onion
 1 tsp garlic powder
 1/2 tsp oregano

Directions:

Cut and clean the peppers; chop peppers and onions into 1 inch strips. Add chicken, tomatoes, chicken broth, spices, peppers and onions in this order to crock pot. Cook on high for 4 hours or low for 6-8 hours until chicken is cooked throughout (will be white on the inside). Place in serving dish and enjoy!

Nutrition information per serving:

Calories: 214
 Fat: 3g
 Saturated fat: 1g
 Sodium: 400mg
 Protein: 26g
 Carbohydrate: 15g
 Fiber: 4g

350 calorie meal = 1S, 3P, 2V, 1O, 1F	500 calorie meal = 2S, 4P, 2V, 2O, 1F	600 calorie meal = 3S, 4P, 2V, 2O, 1F
1 serving of chicken (S, PPP)	1 serving of chicken (S, PPP)	1 serving of chicken (S, PPP)
1 cup green beans (VV)	1 cup green beans (VV)	1 cup green beans (VV)
1 tsp oil/margarine OR 1 tbsp sliced almonds (O)	1/2 cup cooked pasta (S)	1 cup cooked pasta (SS)
3/4 cup berries (F)	2 tsp oil/margarine OR 2 tbsp sliced almonds (OO)	2 tsp oil/margarine OR 2 tbsp sliced almonds (OO)
	3/4 cup berries (F)	3/4 cup berries (F)
	1 ounce of low fat cheese (P)	1 ounce of low fat cheese (P)