

Chicken Cacciatore

1 red onion, diced
3 cloves garlic, large, minced
½ large bell pepper, red or orange, diced
1 small bell pepper, diced
6-8 oz. mushrooms, crimini, sliced
1 stalk celery, chopped
3 chicken breasts, boneless/skinless
1 large beefsteak tomato, diced, seeds reserved
3 Tbs olive oil
½ - ¾ cup white wine
Tomato sauce (if desired)
Dried oregano
Black pepper
Red pepper flakes
½ cup fresh basil leaves, chopped fine
Pasta
Parmesan cheese (optional)

Heat olive oil in large skillet. Add onion and cook until onion clarifies. Add garlic, bell peppers, mushrooms, and celery. Cook until bell peppers are tender and mushrooms are wilting and releasing juice.

Move everything to one side of the skillet. In the other side, place the three chicken breasts. Cook for 5 minutes on one side, and flip over. Cover with vegetables already in pan. Add black pepper, oregano, and red pepper flakes to taste (I recommend not more than 1/2 teaspoon of the pepper flakes). Add diced tomatoes. Pour wine and tomato sauce over all, mix, and reduce heat to medium low. Let everything get acquainted for about 10 to 15 minutes, while you cook some whole wheat pasta.

Five minutes before serving, add fresh basil to sauce. Drain pasta, and mix into sauce. Remove the chicken breasts, and serve with a heaping helping of pasta and sauce. Add Parmesan to pasta if desired.