



QUICK CHICKEN CACCIATORE

- 1/4 cup Italian or Balsamic type salad dressing
- 8 chicken drumsticks or chicken thighs
- 1 can (10 oz/284 mL) mushrooms, drained
- 1 onion, sliced
- 1 can (680 mL) prepared pasta sauce
- 3 cups hot cooked rice or noodles

- > Heat dressing in a large non-stick frying pan; add chicken, cooking 5 minutes on each side until browned.
- > Add mushrooms and onion; cook 1-2 minutes.
- > Add pasta sauce; cover and simmer over medium-low heat for 25 minutes.
- > Serve over hot cooked rice or noodles.

Makes 4 servings, 2 drumsticks and 3/4 cup rice each.

CAL 650, FAT 26 g (SAT 6 g), CHOL 110 mg, SODIUM 1250 mg, CARB 69 g, FIBRE 3 g, SUGARS 19 g, PROTEIN 32 g, VIT A 10% DV, VIT C 10% DV, CALCIUM 10% DV, IRON 25% DV

tip: To reduce fat in this recipe, remove the skin from the drumsticks or thighs before cooking.

tip: Try adding a sliced red or green pepper for extra flavour and nutrition.

did you know?

- > To add seasoning to your food, without adding salt, try using herbs and spices such as Italian seasoning, basil, oregano or parsley. Adding a little lemon or lime juice can also bring out flavour.
- > Buy small items such as herbs and spices in bulk so you can buy a little at a time. It will cost pennies compared to several dollars for a full size container.

October Recipes

VEGETABLE RICE PILAF

- 1/2 cup salad dressing
- 2 cups cauliflower (fresh or frozen) broken into small pieces
- 1 large carrot, peeled & diced
- 1 can (19 fl oz/540 mL) chickpeas, drained, rinsed
- 1 Tbsp chili or curry powder
- 1 cup instant white rice, uncooked
- 1 can (10 oz/284 mL) chicken broth plus 1 soup can of water

- > Heat dressing in medium sized pot; add cauliflower, carrots, chickpeas and chili or curry powder; cook and stir for about 5-7 min.
- > Add rice, broth and water; mix well and bring to a boil, stirring constantly.
- > Remove from heat, cover. Let stand 10 minutes.

Makes 4 servings, 1 cup each.

CAL 350, FAT 12 g (SAT 1.5 g), CHOL 4 mg, SODIUM 1070 mg, CARB 52 g, FIBRE 8 g, SUGARS 8 g, PROTEIN 10 g, VIT A 50% DV, VIT C 50% DV, CALCIUM 5% DV, IRON 15% DV

tip: Any canned beans will work well in this recipe or substitute with chicken, beef or pork. Cook raw meat in salad dressing before adding the vegetables and then follow recipe as directed.

