

## Low Glycemic Chicken Cacciatore

- 2 packs boneless, skinless chicken thighs (organic if you can find them)
- 2 T. olive oil
- 2 - 3 cloves garlic minced
- 1 teaspoon fresh thyme or 1/2 teaspoon dried
- 1/4 teaspoon black pepper
- 1/2 - 1 1/2 teaspoons of salt
- 2 T. Cribari sherry (or whatever inexpensive sherry you can find, not cooking sherry) combined with 1/4 cup tomato juice
- 1/4 lb. fresh mushrooms, sliced thick and sautéed in a little olive oil
- 1/2 cup olives (optional)
- sauce cacciatore

Heat olive oil in large sauté pan with high sides or in a 3 quart casserole or saucepan with lid. Brown chicken on all sides on medium heat. Sprinkle in the remaining ingredients except for the mushrooms. Cover the skillet or saucepan and simmer about 30 minutes, adding more wine or tomato juice if chicken appears dry. Turn chicken over several times while cooking. When it is tender, pour over the cupful of fresh sautéed mushrooms and olives if desired. Cover again and continue to cook about 5 minutes. Serves 4.

### Sauce Cacciatore

- 2 T. olive oil
- 1 medium onion cut in 1/4 inch squares
- 1 red or green fresh bell pepper cut in 1/2 inch squares
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 T. fresh grated parmesan cheese
- 1 cup fresh chopped tomatoes or 8 oz. canned, organic, peeled tomatoes with no other ingredients
- 1/4 cup chopped Italian parsley

Heat the olive oil until quite hot; add the onion and the pepper and sauté for 5 minutes. Add tomatoes and seasonings and simmer uncovered for 15 minutes or until mixture is quite thick.

When chicken is tender, arrange it on a platter or serving dish and pour any remaining pan juices over it. Cover with sauce cacciatore or serve separately. Serve over Barilla Plus high protein spaghetti noodles.

This chicken cacciatore recipe goes well with a simple green salad and makes an easy to prepare low glycemic dinner. It tastes great reheated the next night. Just cook more noodles if you want fresh pasta.