

Chicken Oregano with Green Peppers

Ingredients:

1 1/2 lbs chicken pieces, skin removed
salt & pepper
1 clove garlic, chopped
1 lemon, sliced
1 tomato, chopped
1/4 C onion, chopped
1/4 C fresh parsley, chopped
1 Tbsp fresh oregano, chopped
1/4 C dry white wine
3/4 C low sodium chicken broth
1 Lg. green pepper, cut into strips

Preparation:

Season chicken with salt and pepper. Cook chicken in nonstick skillet (coated with cooking spray) over medium heat until light brown (about 15 min.), turning once. Reduce heat. Sprinkle with garlic, lemon, half of tomato, onion, parsley and oregano over chicken in skillet. Add wine and broth. Cover and simmer for 15 min. Add remaining tomato and peppers, cover and simmer for 7-10 min. longer, or until chicken is tender and cooked through.

Makes 4 Servings

