

Chicken Cacciatore

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Ingredients:

2 large chicken breasts
1 can tomato sauce
4 oz mushrooms, (sliced)
1/2 medium onion, chopped
1 tsp oregano
1 tsp salt
1/4 tsp garlic powder
1/4 tsp pepper

Instructions:

Place chicken in 8x8" baking dish (if a whole chicken is used, use a dish appropriate for one layer of chicken). Mix all other ingredients and pour over chicken. Cover with waxed paper and microwave on high for 9-10 minutes. Re-arrange chicken and recover with wax paper and cook 6-10 minutes or until chicken is tender. Rest 8-10 minutes covered to carry over cook.

This is really good served with cooked spaghetti noodles

Servings: 4

Each serving

200 calories

8 g carbohydrate