

Chicken Marinara



PREPARATION TIME

20 minutes



COOKING TIME

15 minutes



PERFECT PARTNER

linguine



Buy olive oil in small amounts if you don't use it frequently. It contains no preservatives and can easily become rancid over time. Store it tightly sealed in a cool, dark place.

SHOPPING LIST

- chicken breasts • carrot
- mushrooms • bell pepper
- canned tomatoes • zucchini
- black olives

ON HAND

- olive oil • dried oregano
- salt • pepper

INGREDIENTS

- 1 green bell pepper
- 1 large carrot
- 1 medium zucchini
- 1 tablespoon olive oil
- 4 skinless, boneless chicken breasts (4 ounces each), pounded to 1/4-inch thickness
- 1/2 teaspoon dried oregano
- Salt and pepper
- 1 (14-ounce) can stewed Italian tomatoes
- 1/2 cup sliced black olives
- 5 medium mushrooms, sliced (about 3 ounces)

SERVES 4

COOKIN' *Xpress*

- Save time by purchasing presliced canned olives instead of slicing the olives yourself. You may also use canned presliced mushrooms in this dish—be sure to drain them well.

Make Ahead

Slice bell pepper, zucchini, and carrot 1 day ahead. To store, wrap in damp paper towels, place in plastic bags and refrigerate.

♦ VARIATION

For extra pizzazz in this recipe, use stewed Italian tomatoes that are flavored with olives or cheese.

1 Cut bell pepper, carrot and zucchini into thin sticks about 3 inches long; set aside.



2 Heat a large skillet over medium heat. Add oil; cook chicken until lightly browned, about 3 minutes per side. Sprinkle with oregano, salt and pepper.

3 Remove chicken from skillet. Add tomatoes, olives, mushrooms, bell pepper, carrot and zucchini to skillet. Cook, covered, for 3 minutes.



4 Return chicken to skillet; increase heat to medium-high. Cook, uncovered, for about 5 minutes or until sauce is slightly thickened and chicken and vegetables are tender.