

Chicken Cacciatore

4 chicken breasts
2 tbsp low fat Italian dressing
2 cups mushroom marinara sauce
fresh parsley, finely chopped (optional)

- Remove bones and skin from chicken breasts (use bones to prepare chicken stock).
- Butterfly cut chicken breasts.
- In large bowl; combine chicken and dressing, marinate 15 minutes.
- Place chicken on greased grill over medium heat and grill, turning once, until juices run clear when chicken is pierced, about 12 minutes.
- Top with mushroom marinara sauce and serve with whole-wheat pasta. Garnish with parsley.
- Makes 4 servings.

Recipe by Gary Barone