



Chicken Cacciatore

Family Recipe

Serves 6

Ingredients:

- 1 tablespoon olive oil
- 1 pound boneless and skinless chicken thighs
- 4 cloves garlic, peeled and chopped
- 1 onion, peeled and sliced
- 1 red bell pepper, cored and sliced
- 1 green bell pepper, cored and sliced
- 8 ounces button mushrooms, wiped and quartered
- ¼ cup balsamic vinegar
- 1, 28 ounce can whole tomatoes, chopped
- ¼ cup fresh basil leaves, snipped
- Pinch of Kosher salt to taste
- Pinch of black pepper to taste
- 1 package of pasta

Directions:

1. Heat the olive oil in a heavy pot over medium high heat. Sprinkle the chicken thighs on both sides with salt and black pepper. Place chicken in the pot. Cook until golden, turn and cook the other side. Transfer to a plate and set it aside.
2. Reduce the heat to low. Add the garlic and cook for 1 minute. Add the onion and cook until soft, stirring often. Add the bell peppers and mushrooms. Cover pot and cook the vegetables for 7 minutes, stirring often.
3. Raise the heat to high, add the vinegar and tomatoes. Return the chicken to the pot along with any accumulated juices and stir it all well.
4. When it comes to a boil, reduce the heat to simmer and cook uncovered for 40 minutes, stirring occasionally. Next, remove chicken and put it on a plate and cover it.
5. Cook the pasta according to package directions.
6. While pasta is cooking, raise the heat under sauce to high and cook, stirring often, until thick, about 10 minutes. Remove the sauce from the stove, stir in the basil and salt and pepper to taste.
7. Mix the chicken back in and pour over the pasta to serve.

For the best flavor, use ingredients in season from a farmers' market or in winter ask at the supermarket for vegetables grown on a local farm.

For more information, email dolcott@challiance.org.

The *Tasty Choices* program, a partnership between Public Health Department nutritionists and the Cambridge Schools' Food Services Department, introduces fresh and appealing foods to school menus. Chef Vin Connelly works with food service staff to develop healthy, seasonal recipes for the city's public schools. The program engages students in taste tests and learning activities. Founding partners are the Cambridge Public Health Department, Cambridge Public Schools, Institute for Community Health, and CitySprouts school gardens. *Tasty Choices* is coordinated by Dawn Olcott, a nutritionist with the Cambridge Public Health Department's School Health Program.

Do 5-2-1 Every Day!

5 servings of fruits & vegetables

2 hours or less of TV/screen time

1 hour of physical activity

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