

## Chicken and Lentil Cacciatore

Cooking oil spray  
1 kg chicken thighs, trimmed of fat  
1 medium onion, chopped  
1 clove garlic, crushed  
2 x 400g cans tomatoes  
300g button mushrooms, sliced  
2 Tbsp tomato paste  
1 cup chicken stock  
2 tspn dried oregano  
1 Tbsp sugar  
1 tspn salt  
1/3 cup (65g) orange lentils  
1/2 cup (80g), chopped olives  
1 Tbsp drained capers  
4 Tbsp chopped fresh parsley or basil

Heat a large non-stick pan, coat with cooking oil spray, add chicken, cook, turning occasionally, until browned then remove from pan. Add onion and garlic to pan; cook and stir until onion is soft. Add undrained crushed tomatoes, mushrooms, paste, stock, oregano, lentils, sugar and salt. Return chicken to pan. Cover and simmer for about 30 minutes or until chicken is tender. Stir in olives, caper and parsley. Serve with rice or couscous. Serves 6 – 8.

### Health Habits:

- Using lean chicken and trimming off the fat
- Using minimum amount of oil to brown chicken and vegetables
- Adding lots of vegetables to improve nutrient value
- Adding lentils adds fibre and helps lower glycemic index