

## CHICKEN CACCIATORE

- 3 whole boneless skinless chicken breast cut up in pieces
  - Flour/salt/pepper for dredging
  - 1-2 Tbsp olive oil for frying
    - 2 garlic cloves minced
    - 1/8 tsp allspice
    - 1/4 tsp black pepper
    - 1 tsp Italian seasoning
    - 1 onion minced
    - 1 tsp seasoning salt
    - 1/4 tsp paprika
    - 1 tsp oregano
  
  - 2 28-oz cans crushed tomatoes
  - 1/2 cup white wine (or apple juice, or stock)
1. Dredge chicken in flour mixture and fry in oil at high heat until golden.
  2. Add remaining ingredients (use spices according to taste) to chicken and simmer 45 mins. Serve over pasta or rice.