

Chicken Fricassee

INGREDIENTS

12 oz. can	No salt added tomato sauce
1 lb.	Chicken thighs
1	Medium white potato
3	Garlic Cloves
1 tbs.	Oregano
1 cup	White onion, diced
½	Green pepper, sliced
1 packet	Sazon
1 tsp.	Adobo – low sodium
2 tbs.	Sofrito
½ cup	Saugra (or cooking red wine)

INSTRUCTIONS

1. Put ingredients in a large skillet
2. Cook medium high for 15-20 minutes.
3. Lower heat and cook for an additional 15-20 minutes. Stir occasionally.

4 servings, 1 cup each

Nutrition facts – amount per serving

Calories: 190

Carbohydrate: 20g

Protein: 5g

Fat: 4g

Cholesterol: 15mg

Sodium: 400mg

Exchanges:

1 starch

1 very lean meat