

## Sicilian Chicken

1 tsp dried basil  
1 tsp dried oregano  
¼ tsp salt  
¼ tsp pepper  
16 oz chicken breast, boneless, skinless  
1 Tbsp olive oil  
1 onion, chopped  
1 garlic clove, minced  
14.5 oz can Eden Foods organic diced tomatoes  
½ tsp cinnamon  
2 tsp red wine vinegar  
2 tsp capers, rinsed and chopped or green olives  
fresh parsley, chopped

Combine basil, oregano, salt and pepper; sprinkle half of the mixture over both sides of chicken. In a large nonstick skillet, heat half of the oil over medium-high heat; brown chicken on all sides, about 4 minutes. Transfer to plate and set aside. In a skillet, heat remaining oil over medium heat; cook onion, garlic and remaining basil mixture, stirring, for about 5 minutes or until softened. Add tomatoes (breaking up with spoon) cinnamon, vinegar and capers; bring to boil. Reduce heat; simmer, covered, for 10 minutes or until chicken is no longer pink inside. Sprinkle with parsley. Makes 6 smaller servings.

Nutrition information per serving: Note: by using organic diced tomatoes in this recipe, the sodium content was reduced by 128 mg per serving. The organic tomatoes ingredient listing had just one ingredient, tomatoes. The other canned tomatoes listed tomatoes, tomato juice, spices, sugar, salt, citric acid and calcium chloride as ingredients.