



Low-Fodmap Chicken Cacciatore

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🕒 30 MINS COOK | 🍴 2 SERVINGS

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INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 3 tablespoons garlic-infused olive oil
- 2 red bell peppers diced
- 2 dashes salt
- 1 pinch red pepper flakes
- 2 pinches pepper
- 1/4 cup Cabernet Sauvignon
- 8 ounces boneless skinless chicken thighs
- 2 tablespoons kalamata olives thinly sliced
- 2 carrots thinly sliced
- 1/2 cup no salt added diced tomatoes
- 1 1/2 teaspoons Italian seasoning

NUTRITION INFORMATION PER SERVING

Protein 25g	Fruits 0 servings
Total Fat 30g	Vegetables 2.11 servings
Carbs 20g	Saturated Fat 4.72g
Calories 471kcal	Sodium 381mg
Iron 2.84mg	Fiber 7g
Vitamin C 221mg	Added Sugar 0g

Method

1. Heat half the olive oil in a large skillet over medium high heat. Sprinkle chicken thighs with salt and pepper and add to skillet in an even layer. Cook until golden brown on both sides and chicken is just cooked through, about 10 minutes. Transfer to a plate.
2. Add remaining oil to skillet along with carrots and bell peppers. Cook, stirring frequently, until tender, about 5 minutes.
3. Add red pepper flakes and wine. Simmer until reduced by half, about 2 minutes.
4. Stir in olives, tomatoes, and Italian seasoning.
5. Add chicken back to skillet and make sure it's fully coated in the sauce.
6. Simmer over medium low until the sauce has thickened and chicken is fork tender, 10-15 minutes.

