



A quick stir-fry meal and one that can easily be adapted for non-SCD family or friends by serving it over pasta. Serve with Greek Vegetable Salad or an artichoke. This has been one of our great stand-by dinners.

Serves 4



Italian Chicken

3-4 tomatoes, diced
1 c. Campbell's original tomato juice
1/4 tsp. dried basil
1/4 tsp. dried oregano
salt

1-1/2 lb. chicken meat, cut into 1/2 inch pieces
1 small green or yellow pepper, julienned or chopped
1 onion, chopped
1 tsp. crushed garlic
1 Tbs. olive oil
1 c. sliced fresh mushrooms

1/3 c. freshly grated parmesan cheese

Combine diced tomatoes, tomato juice, basil, oregano and salt in a pan. Bring to a boil and simmer, stirring occasionally to reduce sauce while meat is cooking - for about 5-10 minutes.

Stir fry chicken, green or yellow pepper, onion, garlic and oil until chicken is no longer pink, about 5 or 6 minutes. Add mushrooms and sauce and continue cooking for 2-3 minutes. Remove from heat. Serve plates, placing chicken mixture over spaghetti squash if desired, or over pasta for non-SCDers. Sprinkle servings with parmesan cheese.