

ITALIAN SKILLET CHICKEN; each servings = 1 ½ cups = 3 pts.

2 tsp. olive oil

2 onions, chopped

¾ pound skinless, boneless chicken breasts, all fat trimmed, cut into strips

1 (14 oz.) can crushed tomatoes

1 TBS. chopped fresh basil

1 carrot, chopped

1 celery stalk, sliced

½ tsp. salt

¼ tsp. freshly ground pepper

Heat oil in a large nonstick skillet over med.-high heat; add onions, carrot, celery – cook, stirring occasionally, until softened, about 10 minutes. Add the chicken and cook, stirring occasionally, until opaque (about 5 minutes). Stir in tomatoes, basil, salt and pepper. Reduce heat and simmer, stirring occasionally, until chicken is thoroughly cooked, about 10 minutes.