

Chicken Supreme

Benson's Gourmet seasonings website

<http://www.bensongourmetseasonings.com/chickensupremerecipe>

Internet address:



2 1/2 pounds whole chicken, cut-up (2 1/2 to 3 lbs)

1 tablespoon Benson's Supreme Salt-Free Seasoning

2 medium onions, 1 yellow, 1 red, chopped

1 medium green bell pepper, seeded and sliced [we omitted]

1 medium red bell pepper, seeded and sliced

1 medium yellow bell pepper, seeded and sliced

2 medium zucchini, trimmed and sliced

1 stalk celery, sliced

1 medium carrot, peeled and thinly sliced

8 ounces mushrooms, sliced (optional)

1/2 cup dry white wine, chicken broth or water [we used vermouth]

Serve with hot rice on the side (also can use pasta or potatoes)

Servings: 4

Notes: My thought: make this with about 12 skinless boneless chicken thighs - it'll be even more healthy and easier to make.

1. Preheat a 12-inch non-stick skillet over medium-low heat. Place chicken skin side down. Use no oil.

2. Put about 1/2 of a chopped onion & 1/2 of a bell pepper sliced, in spaces. Sprinkle all with 1 tsp. seasoning, and brown over medium-low heat for about 20 minutes.

3. Turn chicken pieces over and sprinkle with 1 tsp. seasoning. Brown another 20 minutes.

4. Add all remaining vegetables. Sprinkle with remaining 1 tsp. seasoning. Stir occasionally so vegetables cook evenly. Cook about 20 minutes longer. Do not cover. Add wine (liquid) the last 10 minutes. Serve with or over rice, noodles or pasta, or just as it is. (If by chance the vegetables aren't quite done, remove the chicken to a hot serving plate, cover with foil and turn up the heat under the vegetables and cook until they're all cooked through.) The nutrition count on this assumes you eat all the skin.

Per Serving (excluding unknown items): 519 Calories; 30g Fat (53.4% calories from fat); 40g Protein; 18g Carbohydrate; 5g Dietary Fiber; 176mg Cholesterol; 162mg Sodium. Exchanges: 5 Lean Meat; 3 1/2 Vegetable; 2 1/2 Fat.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>