chickadillo (chicken picadillo)

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1. Heat the olive oil in a large skillet over medium heat. Add the onion, peppers, and garlic, and sauté until the vegetables are soft, about 5 minutes.

2. Add the chicken and stir fry for another 5 to 10 minutes, until the chicken has cooked through.

3. Add the tomato sauce, chicken broth, lemon juice, cumin, bay leaves, water, and raisins to the vegetables and chicken.

4. Cover the pan and reduce the heat. Simmer for 10 minutes or until the chicken is tender.

5. Remove the bay leaves and serve with brown rice and black beans. Garnish with fresh cilantro, capers, and olives.

Yield 6 servings, Serving Size 3/4 cup, Calories 162, Total Fat 5g, Saturated Fat 1g, Cholesterol 46mg, Sodium 133mg, Total Fiber 2g, Protein 18g, Carbohydrates 13g, Potassium 380mg