Mix It Up! with Gina

Gina's Recipe of the Week

Chicken Giambotta

In February, we celebrate American Heart Month, a time for us to think about our heart health. My Chicken Giambotta is rich in vegetables and lean chicken, making it a delicious heart healthy dish. Giambotta is an Italian stew that is served in the southern regions of Italy. It is usually made with potatoes, eggplant, tomatoes, peppers, onions and herbs. In my version, I add chicken breasts and chicken sausage. Enjoy! –Gina

Prep Time: 20 mins | Ready in: 1 hr | Servings: 4-6

Mix It Up...

Cook the sausage in 2 tablespoons of olive oil in a large skillet over medium heat and covered with the lid until thoroughly cooked, approximately 8-10 minutes. Remove the sausage from the skillet, slice, and set aside.

In a large bowl, season sliced chicken breasts with salt, pepper, 1 teaspoon of parsley flakes, ½ teaspoon of paprika and ½ teaspoon of garlic powder.

In the same skillet used to cook the sausage, sauté the chicken in the oil from the sausage for about 10 minutes. After the chicken is cooked, remove it from the skillet and set aside with the sausage.

In the same skillet, add 1 tablespoon of olive oil, potatoes, peppers and onions. Sauté until lightly browned. Add chicken stock and cook until tender, about 15 minutes.

Add the sausage, chicken into skillet and cook for an additional 10 minutes.

Stop by Foodtown to pick up all of your ingredients to make this delicious dish!

Ingredients

- [ ] 1 Pkg. Chicken Sausage
- [ ] 1 Pkg. Boneless & Skinless Chicken Breasts sliced into strips
- [ ] 3 Tablespoons Olive Oil
- [ ] 8 to 10 Small Red Potatoes, washed and sliced in half
- [ ] Green, Red, Yellow and Orange Pepper Strips
- [ ] 1 Small Onion, sliced
- [ ] 1 Teaspoon Parsley Flakes
- [ ] ½ Teaspoon Paprika
- [ ] ½ Teaspoon Garlic Powder
- [ ] ¼ Cup Low Salt Chicken Stock
- [ ] Salt and Pepper to taste

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