

Comforting on a cold winter evening

Chicken skin is high in bad cholesterol. Some would say the skin is the best part however our hearts would not agree. It is true that cooking the chicken with the skin on protects the chicken from the heat of the pan when cooking. But are you strong-willed enough to take the skin off once it's cooked and not eat it? If not, take care of your heart and remove the fat and skin before cooking. The tomato juices/cooking liquor from casseroles or braising will add moisture back into the chicken. With slow cooking your meal will be tender, tasty and healthy.



Italian Chicken Casserole

Ingredients

(Serves family of 5 or halve the ingredients for 2)

Chicken pieces, drums or thighs	1kg remove fat and skin
Paprika powder	1 heap tablespoon
Olive oil	4 tablespoons
Onions - sliced	2
Garlic – finely chopped	6
Celery - pick the leaves off then chop	2 stalks
Capsicums – thinly sliced	2
Mushrooms - chopped	2 cups
White wine	1/3 cup
Tinned tomatoes	1 tin
Tinned tomato puree	1 tin
Parsley and/or basil and/or oregano	teaspoon dried (if using fresh herbs, use lots!)
Pasta	2 cups dried

Method

1. Sprinkle chicken with paprika powder and a little bit of pepper
2. Heat frying pan, add the oil and brown all of the chicken until there is a nice colour on each side, then place the chicken in a roasting tray
3. Add onions, garlic, celery, capsicums and then mushrooms to frying pan controlling the heat and cook for about five minutes
4. Add the white wine to deglaze the pan
5. Add the tins of tomatoes and puree and the herbs, then bring to the boil
6. Pour this vegetable mix over the chicken, cover with a lid or tin foil then bake at 170oC for 45 minutes
7. Place pasta in pot of lots of boiling water 15 minutes before serving
8. Cook pasta for about 14 minutes
9. Serve chicken, vegetables and plenty of sauce over pasta

Tip!

Celery goes limp in the fridge after two or three days. The best way to keep celery or spring onions fresh is to cut in half, wrap well in glade wrap and store in the fridge.

Tip!

Tomatoes are high in lycopene shown to decrease the risk of prostate cancer.