

The Best Chicken Dish

*Colourful and full of flavour, this is sure to become a favourite!
Chickpeas and sweet red pepper accent this well-seasoned sauce.
Delicious served over rice or pasta.*

Cooking oil	1 tbsp.	15 mL
Lean ground chicken	1 lb.	454 g
Can of chickpeas (garbanzo beans), rinsed and drained	19 oz.	540 mL
Finely chopped onion	1 cup	250 mL
Salt	1/4 tsp.	1 mL
Sun-dried tomato pesto	1/3 cup	75 mL
All-purpose flour	1 tbsp.	15 mL
Can of diced tomatoes (with juice)	14 oz.	398 mL
Balsamic vinegar	1 tbsp.	15 mL
Granulated sugar	1/2 tsp.	2 mL
Salt	1/4 tsp.	1 mL
Chopped red pepper	4 cups	1 L
Finely chopped zucchini (with peel)	1 cup	250 mL

Heat cooking oil in large frying pan on medium. Add ground chicken. Scramble-fry for 5 to 10 minutes until no longer pink. Drain. Transfer to 3 1/2 to 4 quart (3.5 to 4 L) slow cooker.

Add chickpeas, onion and first amount of salt. Stir.

Stir pesto into flour in small bowl until smooth. Add next 4 ingredients. Stir well. Pour over chicken mixture. Stir well. Cover. Cook on Low for 8 to 10 hours or on High for 4 to 5 hours.

Add red pepper and zucchini. Stir. Cover. Cook on High for 30 to 45 minutes until red pepper is tender-crisp. Serves 8.

1 serving: 232 Calories; 11.2 g Total Fat (1.6 g Mono, 1.1 g Poly, 0.4 g Sat); 0 mg Cholesterol; 20 g Carbohydrate; 4 g Fibre; 14 g Protein; 353 mg Sodium

Make Ahead: The night before, chop vegetables. Chill overnight in separate covered bowls. Scramble-fry ground chicken until no longer pink. Drain. Chill overnight in separate covered bowl. Assemble and cook as directed.