

WHY IT'S LIGHT Rather than cooking this hearty Italian stew on the stove, in the traditional manner, it is prepared in the microwave, using far less oil (because you don't have to brown the chicken thighs first) and in much less time.

CHICKEN CACCIATORE

SERVES 4 ■ PREP TIME: 15 MINUTES ■ TOTAL TIME: 30 MINUTES

- 8 ounces shiitake mushrooms, stems removed, caps cleaned and thinly sliced
- 5 garlic cloves, thinly sliced
- 1 tablespoon olive oil
- $\frac{1}{4}$ cup water
- Coarse salt and ground pepper
- $\frac{1}{16}$ cups canned crushed tomatoes in juice
- 3 strips orange zest (each 3 inches long and $\frac{1}{2}$ inch wide)
- $\frac{1}{4}$ teaspoon dried rosemary
- $\frac{1}{8}$ teaspoon cayenne
- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces

1 In a 2½-quart microwave-safe dish, combine mushrooms, garlic, oil, and the water; season with salt and pepper. Cover and microwave on high, 2 minutes.

2 Stir in tomatoes (with their juice), orange zest, rosemary, cayenne, and chicken until combined. Cover; microwave on high until chicken is just cooked through, 12 to 14 minutes. Remove orange zest, and serve.

per serving: 212 calories; 8.2 g fat (1.7 g saturated fat); 25.3 g protein; 10.1 g carbohydrates; 2.5 g fiber