



## Healthy Living at Hannaford



### Quick & Easy Chicken Cacciatore

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

#### Ingredients:

- 1 lb. boneless, skinless chicken thighs
- 2 Tbsp. I Can't Believe It's Not Butter!® spread
- 2 medium green and/or red bell peppers, cut into 1-inch pieces
- 1 package (10 oz.) white mushrooms, quartered
- 1 medium onion, sliced
- 2 cups Ragu® Old World Style® Pasta Sauce
- 1/2 tsp. McCormick® Oregano Leaves or Thyme Leaves, crushed

#### Directions:

1. Season chicken, if desired, with salt and black pepper. Melt I Can't Believe It's Not Butter! in a 12-inch nonstick skillet over medium-high heat and brown chicken, turning once. Remove chicken and set aside.
2. Add green peppers, mushrooms and onion to same skillet and cook over medium-high heat, stirring occasionally, 5 minutes or until mushrooms are golden.
3. Stir in pasta sauce and oregano (or thyme) and bring to a boil. Reduce heat to low and return chicken to skillet. Cover and simmer 5 minutes or until chicken is thoroughly cooked.

Adapted from ragu.com



### Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).



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### Savory Herb Spread

Prep Time: 15 minutes

Makes: 1 cup

#### Ingredients:

- 1/4 cup chopped flat-leaf parsley
- 6 gherkins or 1 regular-size pickle, chopped
- 1 Tbsp. small capers, rinsed and drained
- 1 clove garlic, chopped, or 1/4 tsp. McCormick® Garlic Powder
- 1 Tbsp. Dijon mustard
- 1 Tbsp. whole-grain Dijon mustard
- 1 tsp. red wine vinegar
- 1/2 cup I Can't Believe It's Not Butter!® spread

#### Directions:

1. Combine all but the last ingredient in medium bowl.
2. Add I Can't Believe It's Not Butter! to mixture and fold in until well-blended.

#### Serving Tips:

Can be made a day ahead and refrigerated. Bring to room temperature and serve, if desired, with grilled bread. Or use as a dressing on any sandwich, or try a spoonful on top of grilled fish, roasted chicken or a bowl of pasta.



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### Cinnamon-Curry Tuna Salad

Prep Time: 10 minutes

Servings: 4

#### Ingredients:

2 (6 oz.) cans tuna packed in water, drained and flaked  
2 tsp. Hellmann's® Canola Cholesterol Free Mayonnaise  
1 tsp. Dijon mustard  
1 Tbsp. sweet pickle relish  
2 tsp. lemon juice  
1 1/2 tsp. McCormick® Ground Cinnamon  
1 tsp. Curry Powder  
1 tsp. Ground Black Pepper  
Salt to taste

#### Directions:

In a bowl, mix together all ingredients. Cover and refrigerate until ready to serve.

#### Serving Tip:

Excellent used for hors d'oeuvres. Or serve as a tasty twist on the classic tuna salad sandwich.

Adapted from Allrecipes.com



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