

CHICKEN CACCIATORE

INGREDIENTS:

- 2 **chicken Marylands** (leg & thigh); or 2 **chicken breasts** (all with skin)
- 1 **cup of pure revitalized or spring water**
- 1 **14oz/400g of organic diced pomodoro tomatoes**
- 1 **red onion**
- 2 **cloves of garlic**
- 1 **red bell pepper**
- 2 **Swiss mushrooms**
- 20 **basil leaves (fresh); or 4 shakes of dried basil**
- 1 **tsp of dried Italian herb mix** (marjoram, onion, thyme, basil, oregano, & garlic)
- 1 **chili pepper; or 1/2 tsp of dried chili pepper**
- 1 **tsp of light grey Celtic seasalt**
- 1 **Tbsp of Extra Virgin Olive Oil**
- 2 **servings of cooked spinach spaghetti** (gluten-free rice pasta)
- 6 **Sicilian olives pitted** (optional)

DIRECTIONS:

Wash the chicken well and place it into a large sauté pan with the water and tomatoes. Cover, and cook on medium heat for 20 minutes.

Peel and slice the onion; peel and chop the garlic; add both into the pan.

Add water as needed to ensure the ingredients do not stick to the bottom or burn. Stir, cover, and cook for another 15 minutes.

Wash the pepper well, cut into 3 or 4 sections along the ridges, and remove the stems and seeds. Cut thin slices into the pan.

Wash the mushrooms well and cleanse the tops with a natural bristle brush.

Trim the lose edges and stems and slice smaller pieces of the mushrooms into the pan.

Turn the chicken over, add the basil, Italian herb mix, chili, and seasalt. Stir, cover, and simmer for another 10 minutes, until the chicken is done.

Sprinkle the olive oil over the ingredients and stir.

Place a serving of cooked spaghetti on each plate. Add pieces of chicken with the ingredients on top of the spaghetti. Add the olives.

ENJOY this delicious Chicken Cacciatore with spaghetti.

Serves 2

Use **organic**, pasture-raised chicken

Suitable for O blood type

For A blood type, eliminate the red bell peppers

The **chicken** belongs to the *Aves* bird class of animals and sub species of *Gallus gallus*

domesticus. The domestication of fowl dates back to 2,000 BC.

Chicken is high in protein and contains all the B vitamins. It is particularly rich in B3, B6, B12, choline, and pantothenic acid. It is also a good source of selenium, zinc, copper, and omega 3 fatty acids (EPA & DHA).

Chickens raised for meat are referred to as broilers, fryers, or roasters. Broilers and fryers are bred for rapid growth (5 weeks) and include Cornish, White Rock, Hubbard, Barred, Cornish Cross, and Cornish Rock. Roasters are fed for a longer period of time (12-20 weeks). When not raised for food, chickens live for 5-10 years or longer.

The world's largest producer of broilers is the USA, where commercial production surpassed 35 billion pounds in 2010. Approximately 20% of broilers are contaminated with *Salmonella*. Thus, proper handling is as important as is animal welfare. Do not let raw chicken contact other foods. Be sure to wash the cutting board, utensils, and hands well after handling raw chicken. Chicken wrapped well and stored in the coldest section of the fridge will keep for 2-3 days. Frozen chicken wrapped well and tightly can keep for about one year. Defrost frozen chicken in the fridge, in a dish.

AVOID smelly chicken and commercial chicken raised in factory farms with antibiotics because they contribute to the consumer becoming antibiotic resistant. It is also best to AVOID yellow-skinned (corn fed) chicken because most corn contains GMOs.

Cage-free, pastured, and free-range standards for chickens being outdoors have been significantly lowered. Thus, find a good, reliable butcher to buy **organic, pasture-raised**, chickens.

Select chicken that is solid, plump, opaque, and free of spots. When buying frozen, select chicken that is free of freezer burn, ice deposits, or frozen liquid in the package.

According to researchers at the Univ. of Perugia, Italy, pasture raising of chickens goes beyond organic and increases total antioxidant nutrients. This included plenty of time allowed for pecking, foraging, moving around outdoors, and sunshine. While chickens enjoy grasses, they are omnivores that eat non-plant foods including grubs, worms, insects, and seeds.

When a chicken is properly raised, cooking with its skin enhances the flavor, retains the moisture, and provides fiber. Thus, do not remove it.

Native to South America's western countries, the **tomato** is actually a berry since it is formed from a single ovary. However, it is prepared and served as a vegetable because of its taste. It was first cultivated in Mexico by the Aztecs, and brought to Italy and the rest of Europe in the 1500s.

When it comes to phytonutrient and antioxidant benefits, the tomato is a treasure trove. It contains significant amounts of vitamins C, K, A, B (biotin in particular), E, molybdenum, potassium, copper, manganese, phosphorus and other minerals, flavonones, flavonols, (rutin, quercetin), hydroxycinnamic acids, carotenoids (beta-carotene, lycopene, lutein, zeaxanthin, beta-carotene), glycosides, and fatty acid derivatives. Its carotenoid lycopene, along with other antioxidants help lower LDL cholesterol and triglycerides, and regulate fats in the bloodstream, making the tomato an excellent heart-healthy food. Lycopene and its antioxidant properties also promote bone health, which in turn helps to prevent osteoporosis.

The tomato is also a good anti-cancer food because of its ability to reduce oxidative stress and inflammation. In a South American study of 26 vegetables, tomatoes and green beans came out best in their anti-aggregation properties.

The Roma or Italian plum tomato is an open pollinated variety rather than a hybrid and the most tasty for sauce. In Italy it is often referred to as "pomodoro." Baby Romas are great in salads.

Native to Asia and the Middle East, **onions** have been cultivated for over five thousand years. They were valued both for their culinary use and their therapeutic properties. Onions were popular in ancient Greece and Rome and used as medicine in India. Egyptians valued them so highly, they used them as currency and placed them in the tombs of kings. Their use in European cuisine dates back to the Middle Ages. Christopher Columbus brought onions to the West Indies where their cultivation spread throughout the Western Hemisphere.

Onions come in many varieties such as white, yellow, and red. Smaller varieties are green, scallion, and pearl. The red, Maui and Bermuda varieties are mild and sweet. The red variety is higher in flavonoids. Like garlic, the onion is a member of the *Allium* family. Its sulfur compounds called sulfides, are responsible for its pungent odor and taste. Additionally, they provide benefits for the body's cardiovascular system and connective tissues.

The onion also contains vitamin C, biotin, B6, B1, folate, copper, manganese, phosphorus, potassium, and fiber. These nutrients along with onion's compounds help prevent tumor growth and lower blood pressure and triglycerides.

Frequent consumption of onions can help increase bone density and provide benefits to the connective tissues. The onion is also rich in polyphenols including quercetin and flavanoids, which have anti-cholesterol, anticancer, antibacterial, antioxidant, and anti-inflammatory healing properties.

Select organic onions that are free of mold, well shaped, and firm. To maintain their benefits do not over peel or over cook onions. Store them alone in a cool dry, dark pantry or basket separated from other produce. Once cut, store in a sealed container, refrigerate, and then consume within a few days.

Native to central Asia, **garlic** is one of the oldest cultivated plants in the world, going back 4,000 years to the ancient Egyptians. It was placed in the tomb of pharaohs and given to the slaves that built the Pyramids to enhance their endurance and strength. Greeks and Romans also used garlic before sporting events and going off to war. By the 6th century BC, garlic was known in both China and India.

It is a member of the *Allium* family, which includes onions and leeks. Garlic contains a unique combination of powerful flavonoids and sulfur-containing nutrients including thiosulfates (allicin), sulfoxides (alliin), and dithiols (ajoene). Allicin, one of garlic's most highly valued sulfur compounds, stays intact for only 2-16 hrs. at room temperature.

The diallyl sulfides in garlic improve iron metabolism because it helps to increase production of a protein called ferroportin, which enables stored iron to become bioavailable.

Garlic is also a good source of selenium.

Garlic's combination of anti-inflammatory and anti-oxidative stress compounds help prevent or improve degenerative cardiovascular conditions like atherosclerosis and the forming of blood clots.

Garlic lowers blood pressure in two ways:

One particular disulfide called ajoene, has been shown to have anti-clotting properties. It prevents platelets from becoming too sticky and thereby lowers the risk of platelets forming a clot.

The other is the production of hydrogen sulfide (H₂S) gas. Red blood cells take sulfur-containing molecules in garlic and use them to produce H₂S, which in turn help our blood vessels expand and balance blood pressure. H₂S is placed in the same category as nitric oxide (NO). However, not all garlic extracts can be used in the same way, and thus, do not provide this same benefit. Plus, cooking, microwaving, or adding garlic to acidic foods like lemon juice, cause it to lose some of its properties. Letting garlic sit after chopped or crushed it, increases its benefits.

Garlic is a rich source of manganese, vitamins B6 and C. It also contains some copper, selenium, phosphorus and a small amount of calcium and vitamin B1. Garlic's selenium, a

co-factor of glutathione peroxidase (an important antioxidant enzyme), works with vitamin E in a number of vital antioxidant systems. Garlic's B6 helps lower homocysteine, which can damage blood vessel walls.

Garlic has strong antibacterial and antiviral properties. Its disulfide, ajoene helps keep yeast candida Albicans in check.

Select fresh garlic that is plump, firm, and free of sprouts or mold. In addition to fresh garlic, buy organic, for convenience.

Store garlic in an open basket in a cool dry place and away from sunshine and heat.

Native to Mexico and other Central American regions, the **red bell pepper/capsicum** has been cultivated for more than 9000 years. China is the largest producer followed by Mexico and the United States.

The red bell pepper is rich in anti-inflammatory and antioxidant phytonutrients such as carotenoid and lycopene, minerals, and fiber. Its carotenoids lutein and zeaxanthin are found in high concentrations in the macula of the eye and protect the macula from oxygen-related damage. The red bell pepper is also a good source of vitamins C, A, B, K, folate, and flavonoids/bioflavonoids/vitamin P, making it beneficial for the heart and skin. The white inner cavity is rich in flavonoids. In addition, the red bell pepper/capsicum contains the alkaloid compound capsaicin, which has anti-bacterial, anti-carcinogenic, analgesic, and anti-diabetic properties. They can be eaten raw or cooked. Paprika is the dried powdered form of the red bell pepper.

Select deep red peppers that taut, heavy, and firm. Store ripe peppers in the refrigerator and wash with cold water to retain their antioxidant capacity.

The Portobello/Swiss mushroom is a fully mature version of the crimini fungi, which has grown wild since prehistoric times. In ancient Rome, they were referred to as *cibus diorum*-food for the Gods. Cultivation first began in China, Japan, and India. Western Cultivation began in Europe, in the 17th century.

This mushroom is rich in selenium, antioxidant phytonutrients, and anti-inflammatory properties, which provide cardiovascular and immune support. The Portobello mushroom also contains iron, magnesium, manganese, zinc, copper, fiber, and a variety of B vitamins. Mushrooms complement beef, poultry, various vegetables, rice dishes, or an omelet.

In the three stages of cultivation, organic standards are much higher than nonorganic commercial standards. Thus, for quality and freshness, select organic mushrooms that are firm, plump, clean, light brown, and closed. Store them in the fridge, spread out in a loosely closed paper bag or covered glass dish. AVOID clumping them together, which causes them to get slimy and lose their freshness. To preserve their texture, gently clean them with a soft natural bristle brush under running water. Consume within 3-7 days.

Basil is rich in vitamin K and C, manganese, copper, pro vitamin A carotenoids, folate, iron, magnesium, and calcium, and small amounts of B2, B6, dietary fiber, omega 3 fats, phosphorus, potassium, zinc. Basil's unique flavonoids provide protection at the cellular level. *Orientin* and *vicenin*, in particular, protect cell structures and chromosomes from radiation and oxygen-based damage. Together these nutrients and antioxidants help prevent free radical damage. Only after cholesterol has been oxidized does it build up in the blood vessel walls.

Basil also has antibacterial properties and volatile oils, which contain astragole, linalool, cineole, eugenol, sabinene, myrcene, and limonene. They are effective in restricting growth of numerous bacteria including *Listeria monocytogenes*, *Staphylococcus aureus*, *Escherichia coli* O:157:H7, *Yersinia enterocolitica*, and *Pseudomonas aeruginosa*.

The essential oil from Basil inhibits several species of pathogenic bacteria that have

become resistant to commonly used antibiotic drugs, such as Staphylococcus, Enterococcus and Pseudomonas (*Journal of Microbiology Methods July 2003*). Basil (and thyme) essential oil reduces Shingella (bacteria that triggers diarrhea and causes intestinal damage). The eugenol component of basil's volatile oils are also anti-inflammatory.

Native to India, Asia, and Africa, basil is scientifically known as *Ocimum basilicum*. It is prominently featured in Italian, Thai, Vietnamese, and Laotian cuisines. In Italy, it was a symbol of love, while in India it was cherished as an icon of hospitality. There are more than 60 varieties of basil, such as sweet basil, lemon basil, anise basil, which reflect their unique taste and aroma.

Select both fresh and dried basil that is organically grown to insure they have not been irradiated. Fresh basil should be vibrant, dark green with a strong fragrance. Branches of fresh basil will last 5-7 days in a container with water on the counter, or in a plastic bag or closed container in the fridge. Dried basil will keep fresh up to eight months if stored in a closed glass jar in a cool, dark, and dry place.