

# Chicken in Red Wine Sauce

by Jodi Squires Fitzgerald, RN, JD

*I have been making this recipe for years. I found it in Slim Gourmet magazine. It's simple to make, delicious, and low in calories. What's not to like? — Jodi Squires Fitzgerald*

## Ingredients - 4 to 8 servings

1 frying chicken, 3.5 lbs., *I used 2 lbs. of chicken thighs (4 pieces)*

### Flour seasoning

6 tbsp flour (*4 tbsp would have been good for 2 lbs of chicken*)

½ tsp dried sage

Pinch of dried thyme (*1/8 tsp*)

½ tsp salt

½ tsp pepper

½ paprika, optional

### Chicken wine sauce

1 cup red wine (*use a wine you like — the wine makes or breaks this recipe*)

2 cups water (*I used 1 - 14.5 oz. can of diced tomatoes*)

1 cup tomato juice (*I used 1 - 5.5 oz. can low sodium V8 juice*)

2 bay leaves

### Additions, optional

½ lb. fresh mushrooms

Chopped seasonal vegetables such as patty pan squash, zucchini, carrots, beans, and/or onions for side dish

1 tbsp oil to sauté

½ tsp coriander

2 tbsp butter

1 tbsp Sesame seeds

## Instructions

Preheat oven to 450F.

Mix ingredients for flour seasoning in a 1-gallon plastic bag. Shake each piece of chicken until coated. Place skin side up on a baking tray. Sprinkle with paprika, if using. Bake for 15 minutes.

Remove chicken pieces from tray and place in an ovenproof casserole dish that has a cover. Combine ingredients for wine sauce and pour into dish. *Note: I covered the chicken with the*

*liquid. When I make this recipe again, I will leave the top part of the chicken above the liquid. It should give a crispier result.*

*Cover and bake 30 minutes at 350F.*

*Uncover and continue baking until liquid thickens to sauce consistency. I baked this recipe for an additional 45 minutes. Using a meat thermometer, the chicken should reach 165 degrees.*

*Not everything works out exactly as planned*

*My sauce did not thicken (and we were hungry, and the chicken was cooked to the correct temperature ...), so I poured a ladle full into a pan and boiled it until it thickened and then poured it over the chicken.*

*Additions*

*Sauté the mushrooms and place them in the casserole dish when baking the chicken, if you prefer well-cooked mushrooms.*

*I sautéed a selection of seasonal vegetables in a tbsp of oil including the mushrooms, sprinkled coriander on them, and finished them with a little melted butter and sesame seeds.*

**Enjoy!**

*Photos, preparation and serving notes*

*EH (Ellen) Stafford, Managing Editor*