

Clubhouse Chicken

8 boneless skinless chicken breast halves (2 pounds)

2 tablespoons canola oil

1 can (28 ounces) stewed tomatoes, cut up

1-1/2 cups sliced fresh mushrooms

1 large green pepper, julienned

1 medium onion, chopped

1/2 cup water

3 teaspoons Italian seasoning

1/4 teaspoon pepper

3 tablespoons all-purpose flour

1/4 cup cold water

Hot cooked rice

In a large skillet, brown chicken on both sides in oil. Stir in the tomatoes, mushrooms, green pepper, onion, water, Italian seasoning and pepper. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until chicken juices run clear.

Remove chicken and keep warm. Combine the flour and cold water until smooth; stir into tomato mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve chicken and sauce over rice. Yield: 8 servings.