

## Paprika Chicken

Serves 4

1 medium sized, free range chicken, cut into pieces  
2 medium sized chopped onions                      2 cloves chopped garlic  
1 x 400g tin tomatoes                                    1 sliced red pepper  
1 tbsp tomato puree                                      1 tbsp paprika  
1 tbsp olive oil    4 oz button mushrooms (optional)

Heat the olive oil in a large pan or fry pan and gently cook the onion and garlic until soft, but not browned. Add the chicken pieces and cook for 10 mins, turning frequently. Add the red pepper, tomato puree and tomatoes, stirring well. Stir in the paprika, cover and simmer gently for 20 mins. Season with freshly ground black pepper. Serve sprinkled with chopped fresh basil or parsley.

This is a very versatile dish - you can serve it with fresh green vegetables, with pasta, with rice or couscous, with a green salad, with crusty bread or just on its own. Vegetarians could use beans or tofu instead of the chicken.

Free range or organic chicken provides good quality protein, vitamins and minerals; it also has antibiotic properties, and is low calorie.

By contrast, factory farmed, intensively reared chicken could at worst provide salmonella, E.Coli, MRSA, not to mention antibiotic and hormonal residues, especially imported chicken, though there is still a significant risk factor with some British birds.

Onions and garlic have antibiotic and antiviral properties, they act as a decongestant and they help lower cholesterol.

Peppers also have antibacterial properties, all colours, but especially so the red ones; they may help to normalise blood pressure, improve circulation, and boost the secretion of saliva and stomach acid to help digestion.

Tomatoes contain lycopene, a really powerful antioxidant. Eaten raw, they are good for the liver.

Mushrooms boost the immune system, may help stabilise blood sugar levels, lower cholesterol, and thin the blood.

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