

## ***Vegetable Raqout with Chicken***

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 20-25 minutes

Serves: 4

***CChints:*** This is a fast and easy one skillet meal.

You can find Prosciutto ham in the gourmet deli section of your market. If you can't find it you can substitute sliced ham or Canadian bacon.

To be sure you get all the dirt/sand out of the leeks, cut them into bite size pieces and put them in a strainer and run under cool water, stir and rinse well. Let them sit in the sink to drain until you need them. You can pick up a cooked rotisserie chicken at most supermarkets. Take the meat off the bone and you could have 4 cups of meat. Use 2 cups for this recipe and put the rest in an airtight container for another use in within 4 days.



1 teaspoons olive oil

1/2 cup prosciutto ham, diced

4 cups shitake mushroom caps, sliced thin (7-10 ounces)

1-1/2 cups chopped leeks

3 gloves minced garlic, fresh or from a jar

3 cups plum or grape tomatoes, diced (approx 1 pound)

dash of salt and pepper

10 ounce bag prewashed fresh spinach, chopped

2 cups cooked rotisserie chicken, chopped

1/2 cup fresh basil, chopped

Serve with toasted wheat bread

Heat the oil in a large non-stick skillet over medium-low heat. Add the ham, and cook for 3 minutes. Stir in mushrooms and leeks and cook for 8-10 minutes, stirring occasionally. Add the garlic, tomatoes and sprinkle lightly with salt and pepper.

Raise the heat slightly and gradually start to add the spinach. It will look like a lot but it will cook down. Cover for 1 minute, stir and add more spinach. Repeat, covering the pan and adding more spinach until it is all in and wilted down.

Stir in the basil and chicken. Cover and cook for 3-5 minutes until the chicken is heated.

Serve this high fiber meal with toasted wheat bread.