

# Chicken, Shrimp and Scallop Provencal

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 8

*1/2 cup vegetable oil*  
*1/2 pound shrimp, shelled and deveined*  
*1/4 pound bay scallops*  
*6 boneless/ skinless chicken breast halves*  
*2 large onions, sliced*  
*2 green peppers, sliced into rings*  
*2 red peppers, sliced into rings*  
*1 cup chicken broth*  
*2/3 cup canned plum tomatoes, drained and seeded*  
*3 tablespoons tomato paste*  
*6 cloves garlic, minced finely*  
*1 1/4 teaspoons salt*  
*1/4 teaspoon pepper*  
*1/4 teaspoon basil*  
*dash oregano*

Heat the oil in a skillet over medium-high heat. Saute' the shrimp just until pink and the scallops just until firm. Remove with a slotted spoon. Set aside.

Add the chicken to the skillet. Saute' until cooked through but still tender. Remove with a slotted spoon. Set aside.

Add the onions and peppers to the skillet. Saute' until soft but not browned. Stir in the remaining ingredients and bring to a boil. Simmer over low heat for a few minutes.

Cut the chicken into five to six strips per breast. Add to the sauce. Stir in the shrimp and scallops just before serving.

Serve over rice or vermicelli with hot garlic bread and a bottle of crisp white wine.

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Per Serving (excluding unknown items): 203 Calories; 15g Fat (63.5% calories from fat); 10g Protein; 9g Carbohydrate; 2g Dietary Fiber; 48mg Cholesterol; 544mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat.

## Seafood

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	203	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	63.5%	<b>Vitamin B12 (mcg):</b>	.5mcg
<b>% Calories from Carbohydrates:</b>	17.2%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	19.2%	<b>Riboflavin B2 (mg):</b>	trace

**Total Fat (g):** 15g  
**Saturated Fat (g):** 2g  
**Monounsaturated Fat (g):** 8g  
**Polyunsaturated Fat (g):** 3g  
**Cholesterol (mg):** 48mg  
**Carbohydrate (g):** 9g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 10g  
**Sodium (mg):** 544mg  
**Potassium (mg):** 341mg  
**Calcium (mg):** 40mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 89mg  
**Vitamin A (i.u.):** 2097IU  
**Vitamin A (r.e.):** 221RE

**Folacin (mcg):** 24mcg  
**Niacin (mg):** 2mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 203 **Calories from Fat:** 129

### % Daily Values\*

<b>Total Fat</b> 15g	22%
Saturated Fat 2g	9%
<b>Cholesterol</b> 48mg	16%
<b>Sodium</b> 544mg	23%
<b>Total Carbohydrates</b> 9g	3%
Dietary Fiber 2g	8%
<b>Protein</b> 10g	
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<b>Vitamin A</b>	42%
<b>Vitamin C</b>	149%
<b>Calcium</b>	4%
<b>Iron</b>	7%

\* Percent Daily Values are based on a 2000 calorie diet.