

SINCE 189

S&W®

PREMIUM

STEWED

ORIGINAL RECIPE

TOMATOES

Sliced with Onion, Celery & Bell Pepper



NET WT
14.5 OZ
(411g)



PLEASE RECYCLE

Nutrition Facts

Serving Size 1/2 cup (123g)
Servings Per Container about 3 1/2

Amount/Serving

Calories 35 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 11%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 8%

Sugars 5g

Protein 1g

Vitamin A 10% • Vitamin C 20%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: TOMATOES, TOMATO JUICE, HIGH FRUCTOSE CORN SYRUP, SALT, DEHYDRATED ONION, DEHYDRATED CELERY, DEHYDRATED BELL PEPPER, CALCIUM CHLORIDE, CITRIC ACID, NATURAL FLAVORINGS.

Chicken Provolone Skillet

Prep: 10 minutes
Cook: 22 minutes
Servings: 4

- 1-1/4 lb. skinless, boneless chicken breasts
- 2 Tbsp. olive oil
- 2 medium zucchini, sliced
- 1 cup chopped onion
- 1 can (14.5 oz.) S&W® Stewed Tomatoes Original Recipe
- 1/2 tsp. dried Italian seasoning, crushed
- 1 cup (4 oz.) shredded provolone cheese



- Season chicken with salt and pepper, if desired. Cook chicken in hot oil in large skillet over medium heat 12 minutes, turning once. Remove chicken; keep warm.
- Cook and stir zucchini and onion in same skillet over medium-high heat, 5 minutes or until crisp-tender. Add undrained tomatoes and Italian seasoning. Bring to boil; reduce heat and simmer, uncovered, 5 minutes or until thickened.
- Return chicken to skillet; heat through. Sprinkle with cheese. Garnish with fresh basil, if desired.

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REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.

*NET CARBS PER SERVING= TOTAL CARBS MINUS FIBER



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