

## Chicken roasted

Cretan diet recipesChicken roasted

1 chicken, 1 ½ kg  
2 medium-sized onions  
1 red pepper  
2 kg chestnuts, boiled and peeled  
1/2 water glass oil  
½ water glass red wine  
salt, pepper

### Instructions:

Wash the chicken, cut it into portions, add salt and pepper, strain it, brown it in the oil for 10 minutes and then add the wine. Cut the onions and pepper in small pieces and add them in the casserole. Let them brown for 2-3 minutes, add some water and cook the food at normal heat for 30 minutes. Then add the chestnuts and cook for 10 more minutes. If you want, you can add two grated ripe tomatoes instead of water.