

Saucy simmer

Maine company offers new chicken sauces

■ We all want to eat a healthful, home-cooked meal every night, but often it's much easier to reach for the take-out menu or the microwave dinner. But Portland-based Good Clean Food has a new solution to make dinner quicker. The maker of all-natural simmer sauces for seafood, now has a line of sauces for chicken.

■ In flavors of Cacciatore, French Tarragon and Maine Cider, the sauces make preparing a flavorful meal a breeze. All you need to do is brown the chicken, add the sauce, simmer for 15-20 minutes and serve. Add a fresh salad and a whole-grain bread and you have a complete meal in under 30 minutes.

■ “People today are tired of rushing through meals,” says Rachel Ambrose, Good Clean Food’s director of marketing. “They want healthy, flavorful options that allow them to unwind and reconnect at the table – but don’t take hours at the stove to prepare. Plus, it doesn’t hurt that our sauces provide fresh, new ways to serve chicken.”

All Good Clean Food sauces are low in fat and sodium, contain no additives, no antibiotics or genetically-modified ingredients. The sauces are made with fresh, high quality ingredients like shiitake mushrooms, leeks, pure, slow-simmered stocks and capers from the Mediterranean island of Pantelleria.

