

Chicken with Roasted Red Pepper Sauce

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 10 - 25 minutes depending on the rice*

Serves: 4

CChints: This is a quick and easy meal. A jar of roasted red peppers makes this recipe a snap to make. You can find them on the isle with jarred pickles. You can make this sauce and serve it over fish for a light refreshing taste.



4 servings of cook brown or flavored rice mix
1 tablespoon olive oil
4 skinless, boneless chicken filets
1/2 teaspoon smoked paprika
1 teaspoon Herb de Provence or Italian seasoning
1/2 teaspoon salt
Dash of pepper
1/4 cup low sodium chicken broth
1/8 cup chopped yellow onion
1 teaspoon red wine vinegar
7 ounce jar roasted red peppers, drained
1/4 cup grated Parmesan cheese
Garnish: Oregano leaves, rinsed and patted dry, chopped

* The time to start cooking the rice depends on the type of rice you are using. Follow package directions and try to time it so the rice is done when the dish is ready.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. If they are too big you can cut them in half. Open up the plastic wrap and lay out all the pieces of chicken.

Heat the oil in a large nonstick skillet over medium-high heat. Depending on the size of your pan, you may have to cook half and take them out of the pan to stay warm while you cook the rest. Sprinkle all the chicken with the paprika, herbs, salt and pepper. Add the chicken to the pan and cook for 3 minutes on each side. They won't be done yet, only browned.

If you have more chicken to cook, take the first ones out of the pan and let sit on a plate. Add a little more oil to the pan and cook the rest of the chicken in the same way. When these are done, add the other pieces back into the pan along with any juices and move on to the sauce.

If you don't have more chicken to cook you are ready to add the sauce to the pan...see below

While the chicken is cooking locate your food processor. Add the broth through peppers and process until almost smooth. The sauce may splatter when it boils, so you may need an apron and a wet paper towel to whip up any messes. Pour the sauce into the pan with the chicken, cover and let it come to a boil for 3 minutes. Remove the cover and reduce the heat to a simmer for 3 more minutes until the chicken is done.

Put a serving of rice on each plate, top with the chicken and a spoonful of sauce. Sprinkle all plates with the cheese and oregano leaves. Enjoy!