

Italian Chicken with Red Pepper Pesto Sauce

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking Time: 10 minutes

Serves: 4

CChints: Jars of roasted red bell peppers can be found on the pickle isle of most markets. It is not quite as good as roasting them yourself, but it is a great time and money saver. Japanese Panko bread crumbs are quickly replacing the traditional bread crumb because they had more texture and crunch. They can be found on the Asian isle or with the bread crumbs.



12 ounce jar of roasted red bell peppers, rinsed and drained
1/4 cup chopped fresh basil leaves
1/8 cup chopped onions
2 tablespoons chopped fresh oregano
1 tablespoon chopped capers, rinsed and drained before chopping
1 tablespoon olive oil
3 large or 4 regular boneless skinless chicken breasts
1/2 teaspoon salt
Dash of black pepper
1/2 cup Panko bread crumbs plus more depending on the size of your chicken pieces
1 teaspoon Italian seasoning or a little more if you have to make a second batch of crumbs
2/3 cup freshly grated Asiago, divided
Side vegetable of your choice

Sauce: Rinse and drain the roasted peppers and pour them into a food processor. Add the basil and onions and pulse until smooth. Pour into a medium sauce pan and stir in the oregano and capers. Turn the heat to low and stir it occasionally while you prepare the chicken.

Add the oil to a large nonstick skillet and sit it on the stove. Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. 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 large breasts, cut them in half and sprinkle all with half of the salt and a dash of pepper on both sides. Set them aside while you make the coating.

In a shallow bowl or pie plate, combine the bread crumbs and when you add the Italian seasoning, crush it between your fingers to that it will start to release its flavor. Then stir in 1/3 cup of the cheese.

Turn the heat until the skillet to medium. After pounding, your chicken pieces maybe too big for your skillet so you may have to cook them in batches. Cook one batch and remove it from the skillet, keeping them warm in a covered container. Add more oil and cook the next batch.

When the oil is hot, take a piece of chicken and lay it in the crumbs on 1 side and drop it in the pan. Do the same for the rest and sprinkle the remaining crumbs over the top of each piece. Cook covered for 3 minutes on each side.

Do a little clean up and make sure to wash everything that came in contact with the raw chicken. Check the sauce, it should be hot and you can cover it and remove from the heat. You can also start your side vegetable now.

When the chicken is done serve it with a spoonful and sauce and sprinkle with the remaining cheese. Add your side vegetable and you are ready to eat. Enjoy!