

Recipe for: Roasted Red Pepper Chicken

Ingredients:

4 boneless chicken breasts
1 white onion
1 stick butter
Rice flour
8 oz. tomato sauce
½ can diced tomatoes
1-2 jars of roasted red peppers
1 jar of artichoke hearts
1 jar of capers
1 tsp minced garlic
1 cup of chardonnay
Sea salt
Black pepper
Crushed red pepper seasoning

Preparation:

In a large pan, melt one stick of butter. While butter is melting, place defrosted chicken in a freezer bag, and pound with mallet until tender. Once chicken has been pounded, take out of the bag and coat both side of the breast with rice flour, then place in pan with butter. Season the chicken as desired with sea salt and black pepper; flip the chicken until lightly browned on each side. Once the chicken is browned (not cooked all the way through), place chicken in the dish. (Do not clean the pan in between).

Next, in the same pan with the butter, add 1 tsp of minced garlic, crushed red pepper, and chopped onion. Stir until the garlic is browned, then add 1 cup of chardonnay (be careful when adding wine, it may flame). Add tomato sauce and diced tomatoes. Break up roasted red peppers and add them, along with artichoke hearts and capers. Cook on medium heat for approximately 15 minutes. Once cooked, pour the sauce on top of the chicken, and finish cooking the chicken in the oven at 350 ° for 15-20 minutes.