

Peperonata sauced Chicken breast

Peperonata Sauced Chicken Breast

Not only is this peperonate sauced chicken breast recipe delicious it's easy to make. I used skinless boneless chicken breast. You can use whatever part of the chicken fits your lifestyle and taste.

By using boneless, skinless chicken breast and my premade marinara sauce which I always have on hand, this Italian chicken recipe can be on your table in less than 30 minutes.

Customize this Peperonata sauced chicken breast recipe

This peperonate sauced chicken breast recipe isn't set in stone. You can customize this chicken recipe really easy.

For instance most of you know I don't drink alcohol. Although am okay cooking with alcohol some people are not. So there is an option in most of my recipes to use wine or stock.

Another way to make this Italian flavored chicken recipe your own is to use boneless chicken thighs.

One more thing, if you want to make this peperonata sauced chicken breast a complete meal cook your favorite shaped pasta and toss in the peperonata sauce. If your going to use this Italian bell pepper sauce for a pasta sauce double all the ingredients except for the chicken breast. Also be sure your

saute pan is big enough and deep enough. Here is a link to one of my favorite deep saute pan.

Lastly please leave me a comment if you make this. I love hearing from you. It's my favorite part!!!

Ingredients

- 4 Chicken breast
- 2 Tablespoons olive oil
- 1 chopped yellow onion
- 1 Tablespoon minced garlic
- 1 diced red bell pepper
- 1 diced green bell pepper
- 2 cups cherry tomatoes
- 1 cup white wine or chicken stock
- 2 cups marinara sauce
- 1 Tablespoon Italian parsley
- 1 tablespoon mixed Italian herbs
- Salt and pepper to taste

Instructions

1. cut the chicken breast in half if thick
2. Salt and pepper the chicken
3. In 2 tablespoons of olive oil saute the chicken until brown on both sides
4. Add the onions, garlic and cherry tomatoes saute until just beginning to brown
5. Add the bell peppers saute 5 minutes
6. Deglaze the pan with 1 cup of chicken stock or white wine simmer until absorbed
7. Add the marinara sauce simmer 15 minutes longer
8. Plate the chicken pour the peperonata sauce over the top. ENJOY!!!