

Italian Chicken with Peppers and Onions

Ingredients:

4-6 boneless, skinless chicken breasts
2 C flour
1 tsp salt
1 tsp pepper
1 tsp garlic powder
1 tsp lemon pepper
1 large red onion, cut into 1" slices
1 large green pepper, cut into 1" slices
1 large red pepper, cut into 1" slices
1 large yellow pepper, cut into 1" slices
1 tsp of minced garlic
1 can "Italian Style" diced tomatoes (approx 28 oz)
1 TBS of fresh oregano
1 TBS of fresh basil
4 TBS olive oil, divided
1 package angel hair pasta
Parmesan cheese

Directions:

Mix flour, salt, pepper, garlic powder & lemon pepper together. Slice breasts into 1" slices. Dip slices into water - dredge in flour mixture.

Put 3 TBS olive oil in a large skillet. Heat to medium heat. Carefully place chicken pieces in skillet. Allow to brown on the first side, then flip over.

Add onion, peppers, garlic, oregano & basil. Allow to cook a couple minutes, then add the tomatoes. Cook till onions & peppers are tender.

Meantime, cook pasta according to package directions. After draining pasta, coat with remaining TBS olive oil to keep it from sticking together. On each plate, make a bed of angel hair pasta. Put a heaping spoonful or two of the chicken mixture on top. Sprinkle with Parmesan cheese. Serve with tossed salad & warm garlic bread.

Serves: 4