

Chicken

Chicken with Rosemary and Red Bell Peppers

McCormick Spices

Servings: 6

1 1/2 pounds boneless/skinless chicken breast
1/2 teaspoon sea salt
1/4 teaspoon coarse ground black pepper
1 tablespoon olive oil
1/4 cup pancetta, coarsely chopped
2 large (about 2 cups) red bell peppers, cut into short thin strips
1/2 cup shallots, thinly sliced
2 tablespoons lemon peel, grated
2 teaspoons garlic powder
2 teaspoons crushed rosemary
1/2 cup dry white wine
1 cup chicken broth
4 teaspoons flour
1/4 cup pitted green olives, quartered

Season chicken with sea salt and pepper.

Heat oil in skillet on medium-high heat. Add chicken; cook 5 minutes or until browned on both sides. Remove from skillet. Add pancetta; cook 2 minutes or until crisp. Remove from skillet.

Stir bell peppers, shallots, lemon peel, garlic powder and rosemary into skillet. Cook and stir 5 minutes or until vegetables are tender. Stir in wine. Reduce heat to low, simmer 2 minutes or until reduced by half.

Mix broth and flour. Add to skillet. Bring to a boil. Return chicken to skillet, cover. Simmer 8 minutes or until chicken is cooked through and sauce is slightly thickened. Sprinkle with olives and pancetta.

Serve with orzo, if desired.

Per Serving (excluding unknown items): 96 Calories; 4g Fat (42.0% calories from fat); 5g Protein; 8g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 591mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat.