



Balsamic Roasted Pepper Chicken

This is a great make-ahead dish. Assemble it, cover it with foil and chill until you are ready to bake it (add extra time to the baking – 10 minutes or so).

Ingredients:

- 4 large, ripe bell peppers (red, orange, yellow) cored and thinly sliced
- 1 large sweet onion, sliced thin
- 1/2 cup balsamic vinegar
- 1/4 cup Worcestershire sauce
- 1/4 cup extra-virgin olive oil
- 1/4 cup or so of chicken broth
- 6 fresh cloves garlic, minced or chopped
- 1 tbsp dried basil
- 1/2 tsp thyme
- 1/2 tsp rosemary
- 3 - 4 organic breasts of chicken rinsed & patted dry, add salt & fresh ground pepper to taste

Instructions:

1. Pre-heat oven to 350 degrees
2. Toss the pepper and onion slices in a large bowl. In a large measuring cup, fork- stir your sauce using: balsamic vinegar, Worcestershire, olive oil, broth, chopped garlic and herbs. Pour the sauce over the peppers and onions and toss well to coat.
3. Place the split chicken breasts in the bottom of a baking pan. Season with salt and pepper, to taste. Pour the balsamic vinegar mixture over the chicken and arrange evenly. Use every drop of sauce.
4. Loosely cover the pan with foil and place in the center of a pre-heated oven. Bake for 45 minutes or so (depending upon the thickness of the chicken and the size of your pepper strips). You want the chicken to be cooked through (no longer pink inside) and the peppers to be limp and soft.
5. When checking the chicken for doneness, spoon the sauce all over the peppers and chicken breasts (to keep everything moist) and continue to bake until done.
6. Allow it to sit for 10 minutes before serving.

