

Au-Pif Balsamic Chicken-(sorta)Primavera Sauce with Pasta-

(created by Tammy, in a moment of creativity, imagination, and hunger)

- Olive oil to coat your pan
- 1 onion, cut into quarters and sliced
- Small sweet peppers, cut in ½-inch strips
- 2 boneless, skinless chicken breasts, cut in strips
- 2 cloves of garlic, sliced
- 8-10 plum tomatoes, chopped (if you don't have fresh tomatoes, use a 14-oz can of chopped tomatoes)
- Basil and Oregano, if desired
- Salt and freshly ground pepper, for sure
- ½ cup (about -“au pif”!) Balsamic vinegar
- ½-¾ cup half-&-half

Prepare all the vegetables and slice the chicken.

Heat the oil in a skillet, then add the onion and peppers. Let brown.

Add the chicken and let cook till mostly done and somewhat brown.

Add the garlic and sauté for about 30 seconds.

Add the tomatoes.

Let cook for about 2 minutes, then drizzle the balsamic vinegar over the vegetables.

Reduce the heat, cover, and simmer for as long as you dare, but at least 15-20 minutes.

Heat the half-&-half in the microwave for about 30-45 seconds. Add a bit of the vegetable sauté to it and stir it around to acclimate the cream. Pour it all back in the pan and heat to serve over low heat. (If you reheat over high heat, it might curdle, and that is totally NOT what you want.)

Serve over whatever-the-heck-kind-of-pasta you like. We used Corn Pasta Corkscrews ... corn pasta so that Emily could eat wheat-free and I didn't have to clean two different pots!

You could also serve with a salad or other vegetable, but it makes a great meal on its own.