

## Chicken with Roasted Red Pepper Tapenade

- 4-6 boneless, skinless chicken breasts, trimmed
- Salt and Pepper to season

For the Tapenade:

- 1 (7 oz.) jar roasted red bell peppers, drained (or three home-roasted red peppers)
- 1 (6 oz.) jar marinated artichoke hearts, drained
- ½ cup minced fresh parsley
- ½ cup freshly grated Parmesan cheese
- ½ cup olive oil (I skimp on this because of the oil on the artichokes)
- ¼ cup capers, drained and rinsed
- 4 cloves garlic, chopped
- 1 Tablespoon lemon juice

Combine all ingredients for the tapenade in the bowl of a food processor. Process until everything is chopped finely. Season to taste with salt and pepper.

In a large skillet over medium high heat, sauté the chicken on both sides till lightly golden. Spoon 2-3 tablespoons of tapenade on each piece. Cover the pan, reduce the heat to medium, and cook through, 10-15 minutes more.

### SUGGESTIONS:

- Grill the chicken and serve the tapenade on the side with some crusty bread to sop it up.
- Serve with a green salad dressed with a sherry vinaigrette, or lightly sautéed spinach, green beans, or zucchini.
- If you want a starch, try some quinoa or couscous.

Any unused tapenade can be refrigerated.

Bon Appétit!