

Creamy Chicken and Peppers

This is a quick meal when served with pasta because the water comes to a boil and the pasta cooks in the same time it takes to make the chicken. Put the water on to boil as soon as you start the meal, and it will be ready for the pasta about the time your chicken goes in the pan.

However, if you have a little more time and want a healthier option, serve it with brown rice (or make the rice ahead of time and reheat it). Another option is to omit the cream and use the juice of one or two lemons or some white wine in its place.

- Olive oil
- ½ medium onion, sliced
- 5-6 mini peppers or 1 large bell pepper (green, orange, yellow ... doesn't matter), sliced
- 2 large chicken breasts, cut in half horizontally
- Salt, pepper, garlic powder, oregano ... to season the chicken
- ½ cup cream, warmed

Heat a little olive oil in a large skillet over medium to medium-high heat. Add the onion and sauté just until translucent, about 5 minutes. Add the peppers and cook to tender.

While the onions and peppers are cooking, cut the chicken in half horizontally (or pound thin), and season with salt, pepper, garlic powder, and oregano.

Remove the onions and peppers, add a little olive oil to the pan if needed, and sauté the chicken on one side 5-8 minutes, depending on thickness. Turn it over and sauté the other side.

Return the peppers to the pan, add the cream. Allow to heat for 2-4 minutes.

Serve with pasta and green vegetables such as broccoli, green beans, green peas, or lightly wilted spinach.