

Mediterranean Chicken with Roasted Peppers

Ingredients:

- 1 (8 oz) jar [Frank's Pickled Peppers Balsamic Roasted Bell Peppers](#), sliced
- 1 large sweet or red onion, sliced thin
- 1/4 cup Worcestershire Sauce
- 1/4 cup extra virgin olive oil
- 1/4 cup chicken broth
- 6 fresh cloves of garlic, chopped
- 1 tablespoon dried basil
- 1 teaspoon Italian Seasoning
- 4 (6 oz) boneless breasts of chicken, rinsed and patted dry
- Sea salt and ground pepper, to taste

Directions:

1. Toss the pepper and onion slices in a large bowl. In a large measuring cup, add the reserve pepper liquid, Worcestershire, olive oil, chicken broth, chopped garlic, and herbs and stir well. Pour the sauce over the sliced peppers and onions and toss well to coat.
2. Place the split chicken breasts in the bottom of a baking pan or dish sprayed with olive oil. Season with sea salt and pepper to taste.
3. Pour the balsamic pepper and onion mixture over the chicken and arrange them evenly. Use every last drop of sauce.
4. Loosely cover the pan with a piece of foil and place in the center of a pre-heated oven. Bake for 30-45 minutes depending upon the thickness of the chicken and your oven and altitude. You want chicken to be cooked through with no pink inside). Spoon the sauce all over the peppers and chicken breasts (to keep everything happy and moist) and continued baking it until everything is melt-in-your-mouth tender.
5. Serve the smothered chicken with buttered cooked rice, or pasta, or even creamy mashed potatoes, and a crisp salad of baby greens and fresh fruit.

Serves 4