



Roman-Style Chicken Recipe



SERVES 6

Prep Time: 20 Minutes | Total Time: 60 Minutes

INGREDIENTS

- 4 skinless chicken breast halves, with ribs
- 2 skinless chicken thighs, with bones
- 1/2 teaspoon salt, plus 1 teaspoon
- 1/2 teaspoon ground pepper, plus 1 teaspoon
- Non-stick cooking spray
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 3 ounces prosciutto, chopped
- 2 garlic cloves, chopped
- 1 (15-ounce) canned diced tomatoes
- 1 tablespoon fresh thyme leaves
- 1 teaspoon fresh oregano leaves
- 1/2 cup chicken stock
- 2 tablespoon capers
- 1/4 cup chopped fresh flat-leaf parsley leaves

DIRECTIONS

1. Sprinkle chicken with 1/2 tsp salt and 1/2 tsp pepper. Spray a large skillet generously with non-stick spray. Place chicken in pan over medium heat. Cook until browned on both sides; set aside.
2. Remove chicken from pan, spray the skillet again and place over medium heat. Add pepper and prosciutto, cook about 5 minutes. Add garlic to skillet and cook 1 more minute.
3. Add tomatoes, herbs, stock and chicken to skillet; bring mixture to a boil then reduce heat and simmer covered for 20-30 minutes, until chicken is cooked through. Stir in parsley and capers; serve!