

## Tuscan Garlic Chicken

12 each (4oz) boneless skinless chicken breasts  
4 ½ cups flour, plus 4 Tbsp  
3 Tbsp salt  
6 Tsp black pepper  
6 Tsp Italian seasoning  
3 lbs fettuccini pasta, cooked according to package directions  
1 cup olive oil  
3 Tbsp garlic, chopped  
3 red bell peppers, julienne cut  
1 ½ cups white wine  
1 lb whole leaf spinach, stemmed  
4 cups heavy cream  
2 cups Parmesan cheese, grated

Pre-heat oven to 350°

Mix the flour, salt, pepper, and Italian seasoning in a shallow dish. Dredge chicken in mixture, shaking off the excess.

Heat 3 Tbsp olive oil in large skillet. Cook chicken breasts 3 or 4 at a time over medium heat until golden brown and crisp (2 to 3 minutes). Add more oil for each batch as necessary.

Place cooked chicken on a baking sheet and transfer to heated oven. Cook for 10 to 15 minutes or until internal temperature reaches 165°F.

Heat 2 to 3 Tbsp olive oil in a sauce pan. Add garlic and red pepper and cook approximately one minute. Stir in 3 Tbsp flour, wine, spinach, cream and bring to a careful boil. Sauce is done when spinach becomes wilted. Complete by stirring in the Parmesan cheese.

Coat, cooked, drained pasta with sauce, then top with chicken and remaining sauce. Garnish with extra Parmesan cheese.