

PETTI DI POLLO TRICOLORE

Boneless Breast of Chicken with Three Peppers

1 ½ cup finely chopped yellow onion
6 tbsp. butter
4 tbsp. vegetable oil
2 cups each of diced green, yellow and red peppers.
Salt & pepper
3 lbs boneless skinless chicken breasts, cut each whole breast in two and slice each piece horizontally to make two thin fillets
1 cup heavy cream
4 tbsp. chopped parsley.

1. Put onion, 4 tbsp. butter and 2 tbsp. vegetable oil in large skillet add onion and sauté till onion turns golden.
2. Add diced peppers to the pan, season with salt and pepper and sauté till peppers are tender and begin to brown, set aside.
3. Put the remaining butter and oil in pan and sauté chicken fillets on one side till edges turn white (a minute or two) then turn and cook for 30-45-seconds. **Do not overcook.** Cook in batches if necessary.
4. Remove fillets from pan, deglaze pan with ½ cup water.
5. Add deglazing liquid, cream and parsley to diced pepper mixture, reduce liquid by ½, add chicken fillets to warm and serve at once.