

Homestyle Chicken Marinara



Enjoy! Jackie Allen's recipe.

Ingredients

4 to 6 boneless, skinless chicken breasts, trimmed and pounded flat
1/2 cup all-purpose flour
Salt & Pepper to taste
1/3 cup olive oil
2 tablespoons butter
1 medium onion, chopped
4 cloves garlic, minced (1 teaspoon dried garlic)
1/4 cup red wine or white wine (substitute chicken broth)
2 cans tomatoes, crushed or diced
Sugar, pinch
1 tablespoon balsamic vinegar
1/4 cup chopped fresh parsley or basil leaves (2 teaspoon dried leaves)
1/2 teaspoon dried oregano
1/2-1 teaspoon red pepper flakes
1/2 cup freshly grated Parmesan cheese or Mozzarella cheese shredded
1 package Angel hair pasta or spaghetti



Directions

1. Mix flour, salt, and pepper together on a large shallow plate or bowl. Dredge flattened chicken breasts (or thighs) in flour mixture. Set aside.
2. Next heat olive oil and butter together in a large skillet over medium heat.
3. Allow the butter to melt and the oil should get fairly hot, place your chicken pieces into the frying pan. Cook until golden brown on each side, about 2 to 3 minutes per side, depending on the thickness.
4. Remove chicken breasts from the skillet and keep warm on a plate.
5. Without cleaning skillet, add onions, garlic and a little pepper. Gently stir for 2-3 minutes.
6. Pour in red wine/broth, let it simmer for about 2 minutes. Stir lightly.
7. Add crushed tomatoes and balsamic vinegar, stir. Cook for 5 minutes.
8. Add seasonings and sprinkle salt and pepper. Stir, then taste - can add a little sugar for an additional flavor enhancer.
9. Carefully add your chicken on top with sauce, sprinkle with cheese.
10. Cover and allow to cook for another 5-8 minutes.

I love it when I take off the lid - the smell is wonderful and it looks delicious!
Serve with fresh pasta and a healthy green salad!

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