

## Roman Style Chicken

6 skinless chicken breasts  
1 red bell pepper  
1 yellow bell pepper  
3 oz prosciutto, chopped  
2 cloves garlic, chopped/minced  
1 (15 oz ) can diced tomatoes  
1 tbsp fresh thyme  
1 tsp fresh oregano  
1 cup chicken stock  
2 tbsp capers  
¼ cup chopped fresh flat leaf parsley  
½ tsp each Salt and pepper  
Olive oil (just enough to help brown chicken)



Season the chicken with salt and pepper. In a heavy, large skillet, heat the olive oil over medium heat. Once the oil is hot, sear the chicken on both sides until brown, then remove from pan and set aside.

Keeping the same pan over medium heat, add the peppers and prosciutto and cook until the peppers have browned and prosciutto is crisp (about 5 minutes). Add in the garlic and continue cooking for 1 minute. Add in the tomatoes, ½ of the chicken stock and herbs. Using a wooden spoon, scrape the browned bits off the bottom of the pan. Return the chicken to the pan, add the remaining stock, and bring mixture to a boil. Reduce heat and simmer, covered, until chicken is cooked through, about 25-30 minutes.

Once done, add in the capers and parsley. Stir to combine just before serving.

Enjoy!

*4-6 protein servings*

*1 veg serving*