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Quick Chicken Dinner

Every spring I begin my “clean out the freezers” adventure in anticipation of filling them again with the coming harvest in the fall. I let myself be inspired by whatever I find. This easy dish used up the last of our bell pepper strips, a few chicken breasts, and a pint of our homemade tomato sauce. I served some pasta for a side dish, but it would have been just as delicious with rice, couscous, or some crusty bread to mop up the sauce.

1 tablespoon olive oil
2 chicken breasts, bone-in and skin-on
1 cup sliced bell pepper strips (thawed, if frozen, and drained well)
1 large yellow onion, cut into thin half moon slices
4 large cloves of garlic, finely minced
2 cups plain, unseasoned tomato sauce
Salt and freshly ground black pepper

Preheat the oven to 425 degrees F.

Place an ovenproof skillet over medium high heat and add the olive oil.

Place the chicken breasts skin side down in the pan and cook until they are golden brown on the skin side—about 5 minutes. Remove them from the pan and place them on a plate while you cook the vegetables. NOTE: The chicken will not be cooked all the way through at this point. It will finish in the oven.

Add the pepper strips and onions to the pan and sauté for 3 minutes. If they stick, add a little bit of water to the pan.

Add the garlic and cook for one minute.

Add the chicken back to the pan with the skin side up and pour in the tomato sauce.

Bring the sauce to a boil.

Remove the pan from the heat and place it in the pre-heated oven.

Bake for 20 minutes or until the chicken is cooked through.

Season with salt and pepper to taste and serve immediately.

Serves two.

Victoria Wesseler

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