



# balsamic chicken & peppers

Tired of looking for the perfect, dependable, crowd-pleasing chicken recipe? Search no further than this Balsamic Chicken, a juicy, breadcrumb and Parmesan-coated chicken that is topped with a dark beauty-of-a-sauce, a balsamic sauce that includes sweet peppers, plump raisins and toasted slivered almonds.

SERVES: 6

## ingredients

- 1/4 cup flour
- 2 large egg whites
- 1/4 cup breadcrumbs
- 1/4 cup freshly grated Parmesan cheese
- 2 tbsp olive oil
- 6 boneless, skinless chicken breast halves

### Balsamic Sauce

- 2 tsp olive oil
- 2 large red bell peppers, sliced into strips
- 2 large green peppers, sliced into strips
- 1/2 cup raisins
- 1/2 cup balsamic vinegar
- 3 tbsp sugar
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1/2 cup toasted slivered almonds, for topping

## directions

1. Preheat oven to 375°F. Line a baking sheet with aluminum foil and coat with non-stick cooking spray.
2. Place flour in a shallow dish. Put egg whites in a separate bowl. Combine the breadcrumbs and Parmesan in a third dish. Dust chicken with flour, shaking off any excess. Dip in egg whites and then coat in the breadcrumb mixture.
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4. For the sauce, in a large skillet, heat olive oil over medium heat. Add red and green peppers and sauté for 8 minutes. Add raisins and stir for 1 minute. Add the balsamic vinegar, sugar, salt and pepper, mixing 1-2 minutes, coating the peppers.



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