



FETTUCINE with CHICKEN and BELL PEPPER CREAM SAUCE

INGREDIENTS:

- 12 ounces skinless boneless chicken breast
- 1 tablespoon butter
- 1 large green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 small red onion, thinly sliced
- 2 garlic cloves, minced
- 1/2 teaspoon dried crushed red pepper
- 1 1/2 cups whipping cream
- 1 cup chicken stock or canned low-salt chicken broth
- 3 tablespoons thinly sliced fresh basil
- 1/4 cup finely grated Parmesan cheese
- 8 ounces fettuccine
- Additional grated Parmesan cheese

DIRECTIONS:

Sprinkle chicken with salt and pepper. Melt butter in heavy large skillet over medium-high heat. Add chicken and cook until brown on both sides, about 5 minutes. Transfer chicken to plate. Add green and red bell peppers and onion to same skillet and sauté until crisp-tender, about 5 minutes. Add minced garlic and crushed red pepper to skillet and sauté 4 minutes. Add whipping cream and chicken stock. Simmer until sauce thickens slightly, about 8 minutes.

Cut chicken into strips and add to sauce. Simmer until chicken is cooked through, about 2 minutes. Add basil and 1/4 cup grated Parmesan cheese to sauce, stirring to incorporate. Season sauce to taste with salt and pepper.

Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite. Drain and return to pot. Add sauce and toss to coat. Serve, passing additional Parmesan separately.

This is a great recipe that's been our favorite lately. It's from Epicurious.com. It's really good...you should try it if you think it sounds like something you would like.

Angie