

## BRAISED CHICKEN WITH GREEN PEPPERS & TOMATOES

(Bon Appétit Magazine, May 2005, from epicurious website)

### **Ingredients:**

4 tbsp. extra-virgin olive oil (or your favorite Healthy Delights Oil), divided  
2 -1/4 lbs. skinless, boneless chicken thighs (about 12)  
1 large onion, minced  
3 garlic cloves, minced  
2 tbsp. minced fresh Italian parsley  
2 green bell peppers, cut into 1-inch squares  
6 whole tomatoes, peeled and chopped  
1 c. dry white wine (or chicken stock)

### **Directions:**

- Heat 2 tbsp. oil in heavy large skillet over medium-high heat.
- Sprinkle chicken with salt and pepper. Working in batches, cook chicken until golden brown, about 4 minutes total, adding more oil as needed. Transfer chicken to platter.
- Add onion, garlic, and parsley to the skillet; sauté until onion is soft, scraping up browned bits, about 4 minutes.
- Add green peppers, tomatoes, and wine; return chicken to skillet. Cover and simmer over medium-low heat 30 minutes.
- Uncover, and cook until chicken is tender and sauce is reduced, about 15 minutes. Season with salt and pepper.

Makes 6 servings