

Balsamic Chicken with Bell Peppers and Fresh Herbs

- 4 boneless, skinless chicken breast halves or thighs, about 1 ½ lb total
- Salt and freshly ground pepper, to taste
- 4 Tbs. olive oil
- 1 red bell pepper, seeded and sliced
- 1 yellow bell pepper, seeded and sliced
- 1 large yellow onion, thinly sliced
- 3 garlic cloves, minced
- 3 Tbs. balsamic vinegar
- ¼ cup minced fresh basil
- 1 Tbs. minced fresh thyme

Season the chicken generously with salt and pepper. In a large fry pan over medium-high heat, warm 2 tablespoons of the olive oil. Add the chicken and cook, turning once, until golden brown, about 7 minutes total. Transfer to a plate.

In the same pan over medium-high heat, warm the remaining 2 tablespoons of olive oil. Add the bell peppers and onion and sauté until softened, about 6 minutes. Add the garlic and sauté for 1 minute.

Add the vinegar, half of the basil, and half of the thyme and stir, scraping up the browned bits from the pan bottom. Return the chicken and any juices from the plate to the pan, spooning the peppers over the chicken. Reduce the heat to medium and cook until the chicken is opaque throughout, 2 to 3 minutes. Stir in the remaining basil and thyme, and season with salt and pepper.

Divide among four plates and serve immediately. This dish goes well with roasted potato wedges as a side.