Chicken with Creamy Parmesan Sauce



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Recipe by: Laura Vitale

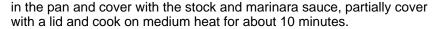
Serves 4

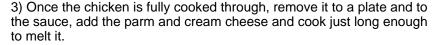
Prep Time: 15 minutes Cook Time: 20 minutes

Ingredients

- 2 Tbsp of Olive Oil
- __4 6oz each Chicken Breast
- __1 Red Bell Pepper, sliced
- __1 Small Yellow Onion, sliced
- __2 Cloves of Garlic, chopped
- __1 tsp of Italian Seasoning
- ___ 1 top of italian oeasoning
- __1-1/2 cups of Marinara Sauce
- __1/2 cup of Chicken Stock
- __4 oz of Cream Cheese, softened at room temperature
- __1/4 cup of Freshly Grated Parm
- __Fresh Chopped Parsley

- 1) Add the oil to a large non-stick skillet with high sides, get it nice and hot over medium high heat. Season both sides of the chicken breast with salt and Italian seasoning, cook for a couple minutes on each side or until it develops some color, remove to a plate and set aside.
- 2) Add the peppers, onions and garlic along with another drizzle of oil and a pinch of salt and saute for 3 to 4 minutes until they start to soften, add the chicken back





4) Adjust the seasoning according to taste, pour sauce over the chicken and top with freshly grated parm and fresh chopped herbs.

