CHICKEN WITH A CREAMY LEMON GARLIC WINE SAUCE OVER ANGEL HAIR PASTA

By: Simply Creative Chef Rob Scott

Ingredients: Yields 6 servings

4 tablespoons unsalted butter, divided
½ red bell pepper, sliced thin
½ yellow bell pepper, sliced thin
½ green bell pepper, sliced thin
½ red onion, sliced thin
2 tablespoons garlic, minced
4 tablespoons flour, divided
½ teaspoon red pepper flakes
1 teaspoon dried oregano
½ teaspoon dried basil
1 cup white wine
1 cup chicken broth
1 pound angel hair pasta
1 pound chicken breast tenderloins
1 teaspoon kosher salt
½ teaspoon coarse ground black pepper
2 tablespoons olive oil
½ cup heavy cream, warm to the touch
½ medium lemon, juiced
1 cup parmesan cheese, shaved and divided

Directions:

- Add 2 tablespoons of butter to a cast iron skillet on medium high heat and cook the bell peppers and onions for 2-3 minutes or until slightly softened
- Remove the vegetables and add in remaining 2 tablespoons of butter
- Once melted, add in two tablespoons of flour and garlic
- Whisk well until the flour has had a chance to “cook” for about 20 seconds
- Add in the red pepper flakes, oregano, basil, wine, and chicken broth, then let reduce on medium heat for 18-20 minutes

- While the sauce is reducing, cook the pasta one minute shy of the instructions, do not rinse
- In a second pan add 2 tablespoons of olive oil on medium high heat
- Coat the chicken tenderloins in the salt and pepper before tossing in the remaining flour
- Add in the chicken, cooking for 3-4 minutes on each side
- Remove the chicken from the heat while the sauce finishes reducing
- When the sauce is reduced by half, add in the heavy cream and whisk well until you have a nice thick sauce
- Add in the lemon juice and half the parmesan cheese and whisk
- Toss with the pasta, bell peppers, and onions
- Top with the chicken and parmesan and serve

MINESTRONE SOUP

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Ingredients: Yields 6 servings

2 tablespoons olive oil
¾ cup onion, diced
½ cup celery, sliced
½ cup carrots, peeled, quartered, and sliced
1 zucchini, halved and sliced
2 teaspoons minced garlic
Salt and pepper to taste
1 14 ounce can diced tomatoes
4 cups vegetable broth
¼ cup tomato paste
2 teaspoons Italian seasoning
1 15 ounce can small white beans, drained and rinsed
1 15 ounce can kidney beans, drained and rinsed
½ cup cut green beans
½ cup small shell pasta
2 cups baby spinach leaves
2 tablespoons chopped parsley

Directions:

- Heat the olive oil in a large pot over medium high heat
- Add the onion, celery, carrots, and zucchini to the pot
- Cook until the vegetables are tender, 3-5 minutes
- Add the garlic and cook for 30 seconds
- Season the vegetables with salt and pepper, to taste
- Add the tomatoes, vegetable broth, tomato paste, and Italian seasoning to the pot
- Bring to a simmer
- Add the white beans, kidney beans, green beans, and pasta to the pot
- Simmer tor 10-15 minutes or until the pasta and vegetables are tender
- Season the soup with salt and pepper, to taste
- Stir in the spinach leaves and cook for 2-3 minutes or until wilted
- Sprinkle the parsley over the soup and serve