

Chicken Breasts with Mushrooms and Bell Pepper

1/4 c	arrowroot powder
1/2 tsp	salt
1/4 tsp	black pepper
1 lb	chicken, boneless and skinless
2tsp	olive oil
3	cloves of garlic
1/2 lb	mushrooms
1	red bell pepper, cut into 1/2-inch squares
1/2 tsp	dried rosemary
1 c	chicken broth
1/4 c	balsamic vinegar
1 TBSP	tomato paste
1/2 c	chopped fresh basil

On a plate combine arrowroot powder, 1/4 tsp salt and pepper. Dredge the chicken in the mixture, shaking of the excess.

In a large skillet, heat the oil over medium heat. Add the chicken and cook, stirring frequently, until golden brown about 6 minutes. With a slotted spoon, transfer the chicken to a plate.

Add the garlic, mushrooms, bell pepper, rosemary, and 1/3 cup of the broth to the pan and cook until the mushrooms and bell pepper are softened, about 7 minutes. Add the vinegar and cook for 1 minute, scraping up and browned bits that cling to the bottom of the pan.

Site in the tomato paste, the remaining 2/3 c of broth, remaining 1/4 teaspoon of salt, and bring to a simmer. Return chicken to the pan and cook until just cooked through about 4 minutes. Stir in the basil. Divide among 4 plates and serve.