

Honey Sweet Pepper "Mardi Gras" Chicken Breasts

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4 to 6 boneless skinless chicken breasts
2 cups homemade or bottled Italian dressing
2 teaspoons fresh or bottled lime juice
1-3 tablespoons Cajun or Creole seasoning, *to taste*
2 tablespoons butter or cooking oil
1/4 cup honey
1 cup sliced green, yellow and/or red peppers
1 cup sliced onion

Whisk together the dressing, lime juice and Cajun seasoning in a large bowl. Tenderize chicken and flatten thicker ends. Place chicken in bowl, turning to coat. Cover and refrigerate for at least 2 hours. Heat oil in large skillet over medium high heat. Remove chicken breasts from the bowl, without draining, and transfer to the skillet, browning chicken on both sides and cooking in batches to avoid overcrowding the pan. Remove chicken and brush both sides with the honey; set aside.

Add the onions and peppers to the skillet and cook for 2 minutes over medium. Reduce heat to medium low, return the chicken to the skillet and continue cooking, covered, until chicken is cooked through and reaches 165 degrees in the thickest part of the breast, turning a few times. Do not overcook! Uncover, turn to coat and transfer chicken to a serving platter. Serve over rice and pour the pan juices and peppers on top.

Cook's Notes: I used a blade tenderizer to help infuse the marinade into the chicken breast as well as to flatten out the thicker parts of each chicken breast so that they were even in thickness for cooking. Actual cooking time will depend on the size of the chicken breasts and whether you flatten them as I have.

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