

FROM ANDREA'S KITCHEN

CHICKEN SCAMPI

by Andrea Woodson



While growing up, my family watched cooking shows on the weekends before food networks became a trend. My parents would use what they watched to inspire them in the kitchen. Since our family did not go out to eat at restaurants except on special occasions, my parents would try to recreate and improve on the meals they enjoyed in restaurants at home. This month's recipe is one of those dishes. Scampi is a cooking style using olive oil, garlic, onion, and wine. This dish was an authentic Italian dish that was adapted to American ingredients. This recipe is delicious as is, or feel inspired to customize it to your family's taste. Enjoy!

INGREDIENTS

- 3 Tablespoons of butter
- 3 Tablespoons of olive oil
- 1 whole bulb of garlic
- 2 small shallots sliced thin
- 1 red pepper sliced thin
- 1 yellow pepper sliced thin
- 1/2 cup red onion sliced
- 1/4 cup of white wine
- 2/3 cup of heavy cream
- 1 lb. chicken tenderloins or sliced boneless skinless breasts
- 1/4 cup flour
- 1/2 teaspoon Italian seasoning
- 1 1/3 cup chicken broth
- 1 lb. angel hair pasta

PREPARATION

Preheat oven to 425 degrees. Cut the top off of a whole bulb of garlic and wrap it along with one teaspoon of olive oil in aluminum foil and bake for 25 minutes. Wrap tightly in a separate piece of aluminum foil, the sliced peppers, onions, and shallots with a teaspoon of olive oil, salt and pepper to taste and bake along with the garlic for 15 minutes.

While the garlic and peppers bake, rinse chicken and pat dry. Salt and pepper chicken, then dredge it in 1/4 cup of flour. Sauté chicken portions in butter in a large skillet until about 3/4 done. Remove chicken and set aside. Using the same skillet, add chicken broth, wine, Italian seasoning, shallots, peppers, onions and squeeze in the baked garlic. Bring all to a boil and allow liquid to reduce for several minutes. Add heavy cream and chicken and continue to simmer until chicken is completely done. Sprinkle with Parmesan cheese and some red pepper flakes and serve over prepared angel hair pasta or zucchini noodles for a low carb substitute.

