

# Chicken Trombino

From – *lidiasitaly.com*

4 boneless, skinless chicken breasts  
1½ tsp sea salt  
flour for dredging  
2 Tbsp extra-virgin olive oil  
2 cups seeded, diced tomatoes  
4 large roasted red peppers, drained and sliced  
1 tsp dried oregano  
1 cup grated provola  
2 Tbsp unsalted butter  
2 handfuls of shredded fresh basil

- Cut each chicken breast on a bias making two slices out of each breast.
- Season chicken all over with ½ tsp salt.
- Spread flour on a rimmed plate, then dredge chicken in flour and tap off excess.
- Melt the butter and the oil in a large skillet over medium low heat.
- When the butter is melted, add the chicken and cook until browned on one side, about 2 minutes. Flip the pieces, and brown the other side, about 2 minutes more.
- Pour the tomatoes, roasted peppers, oregano, and remaining 1 tsp salt into skillet.
- Bring to a simmer, and cook until the separate ingredients come together as a sauce, about 5 minutes.
- Sprinkle the dish with the provola and shredded basil.
- Cover the skillet, and simmer just until the cheese melts and the chicken is cooked through, about 2 minutes more.
- Don't overcook it. The key is to cook the chicken on low heat to keep it tender.



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