

Grilled BBQ Chicken Cacciatore

4 portions

Ingredients:

4 each	Chicken Breast, skinless, 6 oz. each
as needed	Olive Oil
as needed	Rub Me Tender Chicken Rub
1 each	Small Green Pepper, cut into strips
1 each	Small Red Pepper, cut into strips
6 oz.	Crimini Mushrooms, sliced
4 oz.	White Sweet Onion, thin strips
4 oz.	Grape Tomatoes, washed, whole
1 TB.	Fresh Garlic, minced
1 tsp.	Fresh Oregano, minced
4 leaves	Fresh Basil, julienne
1 cup	BBQ Sauce

Heat Source:

Direct fire, medium heat

Preparation:

Place the skinned chicken breast on a cutting board and cover with saran wrap. Pound the breast lightly until it is only about 1/4" thick and even from edge to edge. Place the flattened breast in a shallow pan, drizzle the breast with the olive oil and sprinkle the Chicken Rub on both sides of the chicken. Then prepare all the vegetables for grilling.

Preheat the grill. Grill the chicken on both sides over medium heat too make nice grill marks on the breast. Chicken will cook fast because it is flattened, 2-3 minutes on each side. Lightly oil a wok grill pan and get hot. Place all the cut vegetables into the grill pan and sauté quickly over high heat. Only cook the vegetables for about 3 minutes. Slice the grilled chicken breast into strips and add to the vegetables, tossing well. Place all the ingredients into a coated braising pan, add the barbecue sauce and bring to a simmer over medium heat. Move the dish to a low heat source and continue simmering for 10 minutes, with the pan covered. Remove from the heat and allow to sit for 5 minutes, then serve.

Approximate Cooking Time: 15-18 minutes

Recipes By: CHEF RICHARD W. MCPENKE

Serving Size: 4 portions

