



## **Chicken and peppers**

6 boneless chicken breasts cut in strips  
1 teaspoon dried basil (1 Tablespoon fresh)  
1 teaspoon Salt  
½ teaspoon black pepper  
1 Tablespoon olive oil  
½ red pepper  
½ yellow pepper  
1 green pepper  
½ can of olives  
2/3 cup white wine or chicken broth

Brown chicken in oil, add Spices, olives and broth simmer for 25 minutes. I prefer my peppers barely cooked so I add them for the last 5 minutes. Drain and serve

<http://www.lincolntent.com/GFCF-Poultry.html>