

Chicken Teresa

Serves 4

4 - 6 oz. boneless & skinless chicken breast

1 Tbsp. virgin olive oil

1 tsp. dry parsley

1 sprig fresh rosemary (or 1 tsp. dry)

Salt & pepper

Mix together and let rest for 4-6 hours

The Sauce

1/8 cup minced onion

2 cloves of minced garlic

1/8 stick butter until soft

1/3-cup dry white wine

1 1/2-cup strong chicken broth

1 pinch red pepper flakes

Sauté onion & garlic in the butter until soft, add remaining items and heat to a slow boil - then add 1 tbsp. corn starch blended with 1 tbsp. milk and whip until sauce is smooth.

This sauce can be made up to 3 days in advance.

To finish the sauce, add 1-cup broccoli florets and 1 cup thick sliced mushrooms and heat through.

Heat and out door grill or pre-heat the broiler of your oven to cook the chicken.

Dredge the chicken in Italian seasoned breadcrumbs and cook 4 minutes per side. Insert a paring knife to check for doneness.

Top chicken with slices of Provel or any white cheese of your choice and melt.

Arrange the cooked chickens on a serving platter and carefully pour the sauce over them - serve immediately.

BUON APPETITO