

Skillet Smothered Chicken, Peppers, and Onions for Two

Ingredients:

- 2 chicken breasts
- 1- 2 peppers, diced or chopped (or 1-2 cups frozen peppers- mixed or green)
- 1 large onion, diced
- Cheddar cheese
- Olive oil
- Cajun seasoning (I use Tony Chachere's)
- Cast iron fajita or smaller round pans (as many as people you are feeding)
- Wooden cutting boards to use as skillet placemats on at table

Directions:

1. Pound chicken until thin (I do this in a plastic zip lock bag)
2. Season both sides with Tony's and set aside
3. Heat up skillets, add a bit of oil
4. Sear both sides of chicken, remove and set aside
5. Heat oven to 400*
6. Divide up peppers and onions to each person's taste
7. Add peppers and onion to individual skillets, allow to cook until tender
8. Place partially cooked chicken on top of veggies
9. Top with an ample amount of cheese
10. Place in oven and bake about 20 minutes
11. Serve the piping skillets at the table- on wooden cutting boards- restaurant style
12. Enjoy!

I usually make garlic mashed potatoes and serve that as the side. Totally not healthy- but oh so good!