

CopyCat Olive Garden Chicken Scampi

Ingredients

1 lb. chicken tenders
1 cup all-purpose flour
1 cup milk
1/2 tsp. salt
1/2 tsp. black pepper
4 Tbsp. olive oil (divided use)
1/2 green bell pepper, sliced (thin)
1/2 red bell pepper (sliced thin)
1/2 orange bell pepper (sliced thin)
1/2 red onion (medium sized, sliced thin)
1 clove garlic (sliced thin)
1 lb. angel hair pasta
3/4 cup white wine
3/4 cup heavy cream
1/4 tsp. Italian seasonings
garlic salt (to taste)

Directions

Combine Flour, salt and pepper.

Place milk in a shallow dish.

Dredge chicken first in flour, then dip into milk, and then dredge again in the flour. Place breaded chicken on a rack and allow to rest 10 minutes before cooking.

While the chicken is resting, cut peppers, onions, and garlic.

Saute peppers, onions, and garlic in a large heavy bottomed skillet over medium heat with 2 tablespoons of olive oil. Season peppers, onions, and garlic with a light sprinkling of

Garlic Salt. Saute until peppers begin to brown. Remove from skillet.

Place remaining 2 tablespoons of olive oil in hot skillet. Place chicken in skillet. Cook for 5 to 7 minutes on each side until the chicken has browned on both sides. Remove chicken from pan.

Deglaze the pan by adding white wine to the pan and add Italian seasoning blend.

Add heavy cream and mix well.

Return cooked vegetables to the pan and stir. Add cooked pasta to the skillet. Plate the pasta and sauce, placing a few pieces of cooked chicken with each plate.