

CopyCat TGI Fridays Sizzling Chicken And Cheese

Ingredients

2 4 ounce size boneless, skinless Chicken Breast halves
2 tablespoons Olive Oil
1 teaspoon chopped Garlic
1/2 cup shredded Chihuahua White Cheese
2 slices American Cheese
Prepared Mashed Potatoes

Marinade:

2 tablespoons chopped Garlic
2 tablespoons chopped Parsley
2 ounces Olive Oil
1 teaspoon crushed Red Chilies
1/4 teaspoon freshly ground Black Pepper to taste
1/4 teaspoon Salt

Pepper and Onion Medley:

1 Green Bell Pepper julienned
1 Red Bell Pepper julienned
1 Yellow Onion julienned

Directions

Pound chicken breasts to even thickness.

Combine all marinade ingredients.

Place chicken breasts in marinade and refrigerate for 2 to 4 hours.

Slice peppers and onions and sauté in olive oil until soft. Season with salt and pepper.

Sauté chicken breasts in olive oil over medium heat; cook

evenly on both sides to a golden brown color.

Heat cast iron skillet on burner over medium heat until very hot.

Place mashed potatoes on top portion of skillet.

Place cheeses on bottom portion of skillet and cover with pepper and onion medley.

Add chicken to top of pepper and onion medley, resting on potatoes.

Top with chopped parsley.

Serve directly from skillet like they do at T. G. I. Fridays.