

Grilled Pepper Chicken with White Wine Cream Sauce

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Lyubov Strauss

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Ingredients

4 chicken breasts

2 T Olive or Avocado oil

1-2 T crushed red pepper

1T. Coconut oil

10 sliced organic mushrooms

½ red bell pepper

½ yellow bell pepper

1/2 orange bell pepper

¼ c. Organic white cooking wine

1 Can coconut milk

2 T. dried or fresh basil

1-2 T. Coconut butter or tapioca flour to thicken

Celtic Sea salt

Raw goat cheese if desired

Directions

Marinate 4 chicken breasts in 2T.avocado or olive oil, celtic sea salt to taste and 1-2 T crushed red pepper for 20 minutes or longer then grill

Sauté in large sauce pan on stove:

1T. Coconut oil

10 sliced organic mushrooms

½ red bell pepper

½ yellow bell pepper

1/2 orange bell pepper

½ t. Celtic sea salt

(Pull these out of the pan once browned and set it aside)

In same pan add

2 t. Celtic sea salt

¼ c. Organic white cooking wine

Bring to boil and cook down to less than half of amount then add:

1 Can coconut milk

2 T. dried or fresh basil

1-2 T. Coconut butter or tapioca flour to thicken if desired

Bring to low boil

Salt to taste

Remove from heat

Serve over grilled peppered chicken and vegetables of choice and salad--i love this one with spaghetti squash

Top with raw goat cheese if desired

Credit

Nancy Knudson Original