

Spicy Spring Chicken



4 large boneless and skinless breasts
1 large yellow bell pepper
1 large red bell pepper
1 small red onion
6-8 small asparagus tips
1 large bunch spinach
1/4 cup fetta cheese
Garlic
1 large orange
Raspberry vinaigrette salad dressing
Olive Oil
5/C Running Iron Spice

Cut the chicken breast into strips. Saute them in a skillet with olive oil, garlic and 5/C Running Iron. (Season to taste, remember the more Running Iron the warmer it will be.)

While the chicken is cooking, slice your red and yellow peppers into medium strips.

Clean and prep your asparagus by cutting them half way up the stalk. Cut your red onion into very thin slices and separate the rings.

When your chicken has about three minutes left to cook, add the peppers, asparagus and red onion. You can put a lid on your skillet at this point to keep in the moisture, but I like my veggies crisp so do not over cook at this point.

With about 1 minute to go squeeze the juice from 1/2 of an orange over the entire pan.

On your serving platter place your spinach leaves (with shortened stems) to cover the entire plate, sprinkle your fetta cheese over the spinach and give it a light splash of the Raspberry Vinaigrette dressing.

Serve with some sauteed mushrooms and some orange slices. Note, if the Running Iron is too spicy for you, try Happy Camper instead.