

## Chicken and Peppers



### Makes:

4 Servings

### Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

Stainless Steel Cutlery Set

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### Recipe:

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16 ounces  
chicken breast halves, boneless  
(450  
g)

½ teaspoon  
black pepper, coarsely ground

(2.5  
mL)  
¼ teaspoon  
rosemary

(1.25  
mL)  
1 small onion, processed, use Cone #4  
1 large red bell pepper, seeded and cut into thin strips  
1 large yellow bell pepper, seeded and cut into thin strips  
2 tablespoons

flat-leaf parsley, chopped  
(7.5  
g)

### Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled on pan skitter and dissipate, place chicken in skillet. Chicken will initially stick to pan. When chicken releases, approximately 6 minutes, turn chicken.
2. Sprinkle chicken with pepper and rosemary. Cook until browned on other side, approximately 4 minutes.
3. Sprinkle onion and bell peppers over chicken, cover and cook until Vapo-Valve™ clicks. Reduce heat to low and simmer for 20 - 25 minutes until chicken is cooked through.
4. Remove chicken to serving plate and sprinkle with parsley. Cook and stir vegetables in pan with the drippings from the chicken for about 1 additional minute. Serve with chicken.

### Tips:

- To brighten up this dish, use a mixture of different colored bell peppers or add a variety of vegetables.

Nutritional Information per

▼ Serving

**Calories:** 160

**Total Fat:** 2g

**Saturated Fat:** 1g

**Cholesterol:** 66mg

**Sodium:** 78mg

**Total** 8g

**Carbs:**

**Dietary Fiber:** 2g

**Sugar:** 3g

**Protein:** 27g