Published on *Saladmaster Recipes*
(https://recipes.saladmaster.com)

Chicken and Peppers

Makes:

4 Servings

Utensil:

Saladmaster Food Processor
11" Large Skillet with Cover
Stainless Steel Cutlery Set

Rate

Recipe:

Write a Review

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 Carbs: 8g
Dietary Fiber: 2g
Sugar: 3g
Protein: 27g