

Chicken and Peppers



Makes:

4 Servings

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

Stainless Steel Cutlery Set

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16

ounces

chicken breast halves, boneless

(450

g)

¹/₂

teaspoon

black pepper, coarsely ground

(2.5

mL)

¹/₄

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