

A top-down view of a white ceramic plate resting on a light-colored wooden surface. The plate features a grilled salmon fillet on the left side, showing distinct dark grill marks. To the right of the salmon is a vibrant vegetable salad consisting of sliced red and yellow bell peppers, sliced mushrooms, and red onions, all appearing to be marinated. A white horizontal banner with red text is overlaid across the center of the plate. Two solid red rectangular shapes are positioned on the far left and far right edges of the image.

**GRILLED CREMINI WITH
MARINATED BELL PEPPERS**

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Prep time: 10 Minutes

Cook time: 15 Minutes

Servings: 4 People

INGREDIENTS:

1 Red Bell Pepper

1 Yellow Bell Pepper

200 g cremini mushrooms

(4) 5-6 oz. chicken breasts

1 red onion

1 **tbsp.** olive oil

2 **tbsp.** white balsamic vinegar

¼ **cup** curly or flat-Italian parsley

Sea salt & pepper to taste

CHEF'S TIP:

This salad will also make a great pasta. Simply add the marinated mixture and chicken to your favorite pasta!

DIRECTIONS:

Peel & thinly slice red onion. Place in a small mixing bowl.

Wash, core and slice Bell Peppers. Add Bell Peppers to the bowl containing onions.

Add oil, vinegar and parsley to the bowl and season to taste with the salt and pepper. Mix well and let sit for 10 minutes.

Wash the mushrooms. Pat dry & slice in half.

Place mushrooms onto a pre-heated grill and cook for approximately 2 minutes per side. Remove mushrooms from heat and add to the marinated Bell Pepper mixture.

Season chicken breasts with salt & pepper. Grill 6-8 minutes per side and allow to rest.

Transfer the grilled chicken breasts to plates or a serving tray.

Place marinated Bell Pepper mixture on the plate alongside the chicken.