

Grilled Cremini WITH MARINATED BELL PEPPERS

This recipe is a great source of protein and an excellent balance of your favorite vegetables.



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.



Prep time: 10 minutes
Cook time: 15
Serves: 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!

Nutrition Facts	
Serving Size (340g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 95mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 54g	
Vitamin A 35%	Vitamin C 240%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	