



Chicken & Peppers

This is one of those easy “meal in one dish” dinners reminiscent of the Italian countryside. If you love bell peppers this hearty country style meal is a good recipe for you, especially when peppers are on sale at the market!

Ingredients	Per-Serving Nutritional Data
<ul style="list-style-type: none">• 3 large boneless, skinless chicken breasts, cut in half (1 1/2 pounds of chicken breasts)• 1 large yellow bell pepper, seeded and cut into strips• 1 large green bell pepper, seeded and cut into strips• 2 large red bell peppers, seeded and cut into strips• 1/2 large yellow onion, cut into thin strips• 2 large potatoes, unpeeled scrubbed well and cut into boats• 3 cups water• 2 chicken bouillon cubes• 1/4 cup tomato ketchup• 5 to 7 dashed Tabasco sauce (or to taste)• 1 tablespoon garlic, chopped or pressed• 1 tablespoon dried oregano• 1 bunch fresh Italian parsley (optional)	<ul style="list-style-type: none">• Servings per recipe: 6• Per serving:• Calories: 219• Total Fat: 3.07g• Saturated Fat: 0.83g• Percentage of Calories from Fat: 13%• Cholesterol: 68mg• Sodium: 401mg• Carbohydrates: 19g• Protein: 27g

Preheat oven to 400 degrees. Place first five ingredients in a shallow glass baking casserole, with chicken on the bottom. In a separate microwave proof container heat water and dissolve bouillon cubes add remaining ingredients and stir until mixed. Pour over chicken and vegetables. Cover with aluminum foil.

Bake for 1 hour or until peppers and onions are very tender. Remove foil during the last 15 minutes of cooking. Garnish with freshly chopped Italian Parsley if desired. Serves 6.