

# Chicken with Mushrooms and Peppers

**Preparation time:** 15 min **Servings:** 4

**Cooking time:** 30 min

## Ingredients:

1/4 cup seasoned breadcrumbs  
1 tsp cornstarch  
1/8 tsp crushed red pepper  
1 red bell pepper, seeded and cut into julienne strips  
2 cups mushrooms, sliced  
1/4 tsp Italian seasoning  
1-1/4 cups chicken stock  
4 boneless, skinless chicken breast halves  
2 tsp lemon juice  
1 tbsp olive oil  
1 clove garlic, crushed

## Cooking Directions:

Place chicken between two sheets of plastic wrap and pound lightly with a mallet or other heavy flat object to flatten to .25 in. thickness. Dredge chicken in breadcrumbs. Heat oil in a heavy nonstick skillet over medium heat. **Sauté** chicken about 3 minutes per side until browned. Transfer chicken to a platter, set aside and keep warm. Add mushrooms, bell pepper, and 2 Tbsp chicken stock to skillet. **Sauté** 3 minutes. Add 1 cup chicken stock, next 3 ingredients and salt and pepper to taste. Bring to a boil. Reduce heat, cover pan and **simmer** about 10 minutes. Combine remaining chicken stock with cornstarch in a bowl or a jar with a tight-fitting lid. Mix vigorously and stir into vegetable mixture. Increase heat to medium high and bring to a boil. **Simmer** 1 minute, stirring constantly, until mixture thickens. Serve chicken with sauce.



## Nutrition Facts

**Calories** 260

% Calories From Fat 28.4%

**Total Fat** 8.2g

Saturated Fats 1.7g

Mono-unsaturated Fats 4.1g

Poly-unsaturated Fats 1.5g

**Cholesterol** 75mg

**Sodium** 310mg

**Total Carbohydrates** 15g

Dietary Fiber 2.8g

Sugar 4.5g

**Protein** 32g

## More Information

### Vitamins

Thiamin B1	0.23 mg
Vitamin K	8.1 mcg
Vitamin A	990 IU
Vitamin E	1.3 mg
Pantothenic Acid	2.7 mg
Vitamin B6	0.75 mg
Choline	98 mg
Riboflavin B2	0.45 mg
Vitamin D	16 IU
Vitamin B12	0.29 mcg
Vitamin C	43 mg
Niacin B3	17 mg

### Minerals

Sodium	310 mg
Zinc	1.8 mg
Copper	0.5 mg
Iron	3 mg
Calcium	38 mg
Manganese	0.23 mg
Magnesium	45 mg
Potassium	660 mg
Fluoride	0 mcg
Phosphorus	310 mg
Selenium	37 mcg