



Northeast Georgia Medical Center  
BARIATRIC WEIGHT LOSS CENTER



## Chicken with Julienne Bell Peppers

Serves: 4-5 Serving Size: 1/2 cup

### Ingredients:

- 2 chicken breasts
- 1 small red bell pepper, thinly sliced
- 1 small green bell pepper, thinly sliced
- Ground black pepper
- Salt
- 1Tbsp olive oil

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### Steps:

1. Slice chicken in half horizontally and season with salt and pepper to taste.
2. Heat a medium skillet over medium-high heat, when skillet is hot add ½ tbsp olive oil.
3. Sear the chicken breasts for 2-3 minutes in each side, transfer chicken to a plate and set aside.
4. Add ½ tbsp of olive oil to the same skillet and sauté bell peppers until soft, about 5 minutes, season bell peppers with salt and pepper to taste, then set aside.
5. Slice chicken breasts diagonally into ½ inch strips, top with the sautéed peppers and serve.

### Nutrition Facts (per serving):

Calories: 128, Protein: 26 g, Fat: 1 g, Saturated Fat: 0 g, Carbohydrates: 11 g, Sugars: 7 g

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