

Chicken with Bell Peppers and Mushrooms

This easy, colorful and tasty dish provides a light, fresh meal appropriate for any occasion. Serve with rice.



The finished dish

Ingredients:

2 chicken breasts
(about 1 lb)

1 onion, sliced

½ lb of mushrooms

3 bell peppers of mixed
color, such as red
and yellow

2 Tbsp of olive oil

¼ tsp salt

¼ tsp pepper

½ tsp paprika

1 tsp dry basil or 5 or

6 leaves of fresh basil,
chopped

EASY

Preparation time: 15 min.

Cooking time: 15 min.

Serves 2

Recipe:

1. Cut chicken breast into strips about a ½-inch thick by about 2-inches long.
2. Remove top of bell peppers and seeds from the center.
3. Cut bell peppers into strips about a ¼-inch thick by 1-inch long.
4. Cut onion into thin strips.
5. Cut mushrooms into 4 pieces.
6. Put olive oil in a non-stick saucepan and heat on high for 1 minute.
7. Add onion and chicken, and sprinkle paprika and pepper on top (pict. 3).
8. Stir and cook for 2 minutes.
9. Lower heat to medium high.
10. Add bell peppers, then stir and cook for 5 minutes (pict. 4).
11. Add mushrooms and basil (pict. 5), stir, and if desired, adjust seasoning to taste.
12. Cook for another 2 minutes and serve.



Ingredients



Adding onions and spices



Cooking with bell peppers



Adding mushrooms and basil