



Italian Chicken and Peppers with Noodles

Info:

Makes 4 Servings 390 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1 lb Boneless Skinless Chicken Breast
- ❖ 1 tsp Italian Seasoning
- ❖ 1 tsp Salt
- ❖ 2 Red Bell Peppers
- ❖ 1 Yellow Onion
- ❖ 3 Garlic Cloves, minced
- ❖ 6 Tbsp Balsamic or Red Wine Vinegar
- ❖ 2 Tbsp Honey
- ❖ 8 oz Egg Noodles
- ❖ Cooking Spray

Preparation:



1. Cook pasta according to package directions
2. Preheat 2 pans to medium
3. Slice red pepper into thin strips and onions into half rings
4. Slice chicken breast into 4 flat pieces, ¼" thick
5. Mix Italian seasoning and salt then sprinkle on both sides of each breast
6. Cook chicken in pan 5-6 minutes each side
7. Meanwhile, sauté minced garlic over medium heat for 1 minute then add red peppers and onions and sauté 5 minutes until tender
8. Spoon sautéed vegetables over chicken and noodles
9. Add vinegar and honey to skillet and cook 1 minute then pour over chicken, peppers and noodles
10. Serve hot