

Feta Chicken and Vegetables

Amount per serving: Calories 234 Calories from fat 28 % Fat 7.3 g Satfat 2.8 g Monofat 2.7 g Polyfat 0.7 g Protein 29.8 g Carbohydrate 8.2 g Fiber 1.3 g Cholesterol 78 mg Iron 1.8 mg Sodium 461 mg Calcium 95 mg



Ingredients:

1 tablespoon all purpose flour
1/2 teaspoon dried marjoram or thyme
1/4 teaspoon black pepper
1/8 teaspoon salt
2 (4ounce) skinned, boned chicken breast halves

1 teaspoon olive oil
Cooking spray
2/3 cup red bell pepper strips
1/2 cup vertically sliced red onion
1/3 cup fat free, Less sodium chicken broth
1 teaspoon white wine vinegar
1/4 cup (1 ounce) crumbled feta cheese, divided
Oregano sprigs (optional)



Photo: Becky Luigart-Stayner

Directions:

- ♥ Combine first 4 ingredients in a shallow dish. Dredge chicken in flour mixture. Heat oil in a nonstick skillet coated with cooking spray over mediumhigh heat.
- ♥ Add chicken, and cook 4 minutes on each side or until browned. Remove chicken from pan; keep warm.
- ♥ Add bell pepper, onion, broth, and vinegar to pan; cook 5 minutes or until vegetables are soft, stirring frequently. Spoon bell pepper mixture into a bowl; stir in 2 tablespoons cheese. Return chicken to pan, and sprinkle with 2 tablespoons cheese. Cover; cook over low heat 2 minutes or until cheese melts.
- ♥ Divide the vegetable mixture evenly between 2 plates, and top each serving with a chicken breast half.
- ♥ Garnish with oregano sprigs, if desired.

MAKES 2 SERVINGS

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