

Teriyaki Chicken with Roasted Mushrooms & Peppers

Makes: 4 servings



Total Time: 35 minutes

Ingredients:

- ♥ 4 (about 6 oz. each) boneless skinless chicken breast
- ♥ 1 tbsp. olive oil
- ♥ 2 pkgs (4 oz. each) mushrooms
- ♥ 1 shallot sliced
- ♥ 1 red pepper thinly sliced
- ♥ 2 cloves of garlic minced
- ♥ 2 cups cut kale greens
- ♥ 4 oz. low sodium teriyaki sauce
- ♥ 2 tbsp. chopped green onions, for garnish
- ♥ Ground black pepper to taste

PREPARATION

1. Preheat oven to 350 degrees.
2. Heat oil in braising pan on medium/high heat until oil faintly smokes; add chicken. Sear chicken for about 3 to 4 minutes on each side then remove chicken from pan and set aside. Leave any remaining oil in pan.
3. On medium/high heat, add peppers, garlic, and shallots to the leftover oil in pan. Season lightly with pepper and cook for 1 minute.
4. Add mushrooms and let cook for another minute.
5. Lastly, add kale greens and cook only until the greens are slightly wilted, approximately 20 seconds.
6. Turn off heat.
7. Top veggie mixture with chicken. Spread 1 tbsp. teriyaki sauce evenly over top of each cutlet; drizzle any remaining sauce over veggie mixture. Bake 15-20 minutes until internal temperature of chicken reaches 165 degrees (check by inserting thermometer halfway into thickest part of chicken).
8. Transfer chicken to cutting board. Let rest 5 minutes; slice chicken. Arrange veggie mixture on serving platter; top with sliced chicken. Garnish with green onions.

Nutrition Facts			
Serving Size: 1 (6oz) chicken breast with vegetables			
Servings: 1			
Amount Per Serving			
Calories	290	Calories from Fat 70	
		% Daily Value*	
Total Fat	8g		13%
Saturated Fat	1.5g		7%
Trans Fat	0g		
Cholesterol	110mg		36%
Sodium	720mg		30%
Total Carbohydrate	12g		4%
Dietary Fiber	2g		8%
Sugars	6g		
Protein	40g		
Vitamin A	130%	•	Vitamin C 160%
Calcium	8%	•	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

