

Kickin' Chicken Breasts

Makes: 28 or 56 servings

Ingredients	28 Servings		56 Servings	
	Weight	Measure	Weight	Measure
Chicken breast, boneless, skinless	4 lbs		8 lbs	
Olive oil		8 tsp		16 tsp
Onion, chopped		2 cups		4 cups
Green bell pepper, chopped		4 cups		8 cups
Red pepper, chopped		4 cups		8 cups
Tomato sauce, canned		1-1/3 cup		2-2/3 cup
Lemon juice		1-1/3 cup		2-2/3 cup
Water		1-1/3 cup		2-2/3 cup
Bay leaves		4		8

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	144	
Total Fat	3 g	
Protein	19 g	
Carbohydrates	9 g	
Dietary Fiber	1 g	
Saturated Fat	1 g	
Sodium	243 mg	

Directions

1. Heat olive oil in large skillet over medium heat. Add onions and peppers and saute until vegetables are soft (about 5-10 minutes).
2. Add chicken. Stir-fry for another 5-10 minutes, until thoroughly cooked.
3. Add tomato sauce, lemon juice, bay leaves, and water to mix.
4. Cover pan. Reduce heat. Let simmer for 10 minutes until chicken is tender.
5. Remove bay leaves and serve.

Notes

Serving Tips:

Flavoring chicken breasts with different spices gives children a chance to try new flavors without added salt, sugar, or fat.