



## Warm Chicken & Bell Pepper Salad

4 servings

20 minutes

### Ingredients

- 1 lb Chicken Breast (boneless, skinless, cut into thick strips)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Arrowroot Powder
- 3 tbsps Extra Virgin Olive Oil
- 2 Red Bell Pepper (small, thickly sliced)
- 3 tbsps Fresh Dill (chopped, plus more for garnish)
- 2 tbsps Garlic Powder
- 2 tbsps Red Wine Vinegar
- 10 leaves Romaine (chopped)
- 2 tbsps Sunflower Seeds (toasted)

### Nutrition

Amount per serving	
Calories	320
Fat	15g
Carbs	17g
Fiber	4g
Sugar	4g
Protein	28g
Cholesterol	82mg
Sodium	63mg
Potassium	771mg
Vitamin C	79mg
Calcium	41mg
Iron	2mg
Vitamin D	1IU
Folate	145µg
Vitamin B12	0.2µg
Magnesium	58mg
Zinc	1mg

### Directions

- 1 Season the chicken with salt and pepper, then lightly coat in arrowroot powder, shaking off excess.
- 2 Heat the oil in a large pan over medium high heat and cook the chicken for five to seven minutes.
- 3 Add the bell peppers, dill, and the garlic to the pan then stir in the vinegar. Cook for an additional three to four minutes until the peppers are soft and the chicken is cooked through.
- 4 Divide the romaine leaves evenly between plates. Top with the chicken and peppers. Garnish with sunflower seeds and fresh dill. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately two cups.

**Make it Vegan:** Use black beans, lentils, or tofu instead of chicken.

**More Flavor:** Use toasted pine nuts instead of sunflower seeds. Add tomatoes, cucumbers, and green onions.