



Pulled Chicken with Onions and Peppers

Makes 6 servings

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 cup sweet onion, diced
- 3 cloves garlic, minced
- 1 pound boneless, skinless chicken breast
- 1 medium poblano pepper, seeds and ribs removed, in ¼ inch slices
- 1 medium red bell pepper, seeds and ribs removed, in ¼ inch slices
- Juice of one lime
- ¼ cup chopped cilantro
- 1 teaspoon salt-free spicy seasoning

Directions

1. Heat oil in a large skillet over medium-high heat.
2. Add the onion and garlic and cook for 1-2 minutes. Add the chicken, peppers and lime juice.
3. Cook 4 to 5 minutes on each side until cooked through to 165 F.
4. Remove chicken from skillet and let cool. When cool, use two forks to pull apart the chicken.
5. Add chicken back to skillet. Add cilantro and salt-free spicy seasoning.
6. Reheat to desired temp.



Some other fun ideas for ways to use pulled chicken are to serve over cooked baked potato, in pita bread or a tortilla wrap.

♥ = heart smart

⚡ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 6 ounces of pulled chicken mixture (166g)
Servings Per Container 6

Amount Per Serving

Calories 150 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 40mg **2%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 18g

Vitamin A 25% • Vitamin C 50%

Calcium 2% • Iron 4%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1/2