

Chicken Pepper Steak with Hash Browns

Servings: 4 @ 6 points, 8 points plus

Preparation Time: 20 min

Cooking Time: 10 min

Seasoned pepper blend suffuses the chicken with spiciness and sweetness.

Ingredients:

1 tsp lime zest, grated

2 Tbsp fresh lime juice

2 clove(s) garlic clove(s), minced

16 oz Chicken breast, skinless, boneless, raw,

4 (4-ounce) breasts

2 tsp canola oil

4 cup(s) frozen hash brown potatoes

1/2 tsp table salt

3 Tbsp parsley, chopped, fresh

2 Tbsp black pepper, seasoned pepper blend (no salt added)

Instructions:

Combine the lime zest, lime juice, and garlic in a zip-close plastic bag; add the chicken. Squeeze out the air and seal the bag; turn to coat the chicken. Let stand 10 minutes. Meanwhile, heat the oil in a large nonstick skillet over medium-high heat. Add the potatoes and salt and cook, stirring frequently, until the potatoes are tender and lightly browned, about 10 minutes. Stir in the parsley. Spread the pepper blend on wax paper. Remove the chicken from the marinade (discard the marinade) and lightly press into the pepper, coating both sides. Spray a nonstick skillet or a nonstick ridged grill pan with nonstick spray and set over medium heat. Add the chicken and cook until it is lightly browned

