Basic Recipe #4: Chicken Pepper Bake Creating Safe Recipes Activity

# **Ingredients (makes 5 servings)**

* 1 pound boneless chicken breast
* 2 red or green bell peppers
* 3 cups small potatoes
* 2 tbsp oil
* 1 tsp Cajun seasoning
* 1 tsp dry Italian herbs
* Salt and pepper to taste

# **Instructions**

1. Cut the peppers and potatoes into bite size chunks
2. Cut the chicken into bite size chunks
3. Place the meat and vegetables into a large bowl. Sprinkle with oil, Cajun seasoning, Italian herbs, salt and black pepper. Toss to coat evenly.
4. Place the chicken and vegetables on a metal baking pan.
5. Roast in a 425 °F oven for 35 to 45 minutes. Toss a couple times while roasting.

\*Recipe adapted from Oregon State University Food Hero’s “Chicken Pepper Bake”