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Chicken Philly Cheesesteak Bowl

Total Time: 25 minutes

Serves 3

INGREDIENTS:

- 2 boneless, skinless chicken breasts (about 12 oz)
- 3 Tbsp worcestershire sauce
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 dash ground pepper (or more to taste)
- 2 tsp olive oil, divided
- 1 small diced onion
- 1 diced bell pepper
- 2 cloves minced garlic
- 3 slices provolone cheese



DIRECTIONS:

1. Slice chicken breasts into very thin pieces and place in a medium bowl. Add worcestershire sauce, onion powder, garlic powder, and ground pepper and stir to coat chicken.
2. Heat 1 teaspoon olive oil in a large skillet over medium heat. Add chicken pieces and cook until browned on both sides (about 5-8 minutes). Remove from skillet.
3. Add remaining 1 teaspoon olive oil to skillet and add onion, bell pepper, and garlic. Cook and stir until heated and tender (about 3-5 minutes).
4. Turn heat off and add chicken back to skillet, stir with vegetables to combine. Place sliced cheese over chicken and vegetables and cover skillet 2-3 minutes to melt cheese.
5. Serve in bowls. Add salt and pepper to taste.

NUTRITION INFORMATION

Yield: 3 servings, Serving Size: $\frac{1}{3}$ of recipe

Amount Per Serving: Calories: 270, Protein: 31g, Net carbohydrates: 7g, Total Fat: 12g, Fiber: 2g, Sugar: 4g