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# Grilled Cutlet Piperade

*Lynn M Smookler, New York*

*North American Potpourri - Autism Directory Service, Inc - 1993*

Servings: 4

**1 pound boneless chicken breast cutlets, skiced thin**

**1 tablespoon olive oil**

**1 teaspoon red wine vinegar**

**1/2 teaspoon dried oregano**

**1/4 teaspoon salt**

**1/4 teaspoon pepper**

**1 red bell pepper, quartered**

**1 yellow bell pepper, quartered**

**1 red onion, cut into eight wedges**

In a large bowl, combine the oil, vinegar, oregno, salt and pepper. Add the chicken and vegetables. Toss to coat with the seasonings.

Grill or broil six inches from the heat source for 3 to 5 minutes per side until the chicken is cooked through and the vegetables are tender-crisp. Place the chicken on serving plates.

Slice the peppers and onions into julienne strips and place on top of the chicken.

## **Chicken**

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*Per Serving (excluding unknown items): 62 Calories; 4g Fat (48.4% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 136mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.*