



Mediterranean Chicken Stir-Fry



1/2 of recipe (about 1 1/4 cups): 256 calories, 7g total fat (2g sat fat), 498mg sodium, 11g carbs, 2g fiber, 5.5g sugars, 36g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 10 minutes **Cook:** 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)

Ingredients

10 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
2 cups sliced mushrooms
1 cup sliced onion
2 tbsp. light Italian dressing
2 tbsp. chopped roasted red peppers (previously packed in water)
2 tbsp. crumbled feta cheese
Seasonings: salt, black pepper, garlic powder, onion powder, dried oregano

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add chicken, and season with 1/8 tsp. each salt and black pepper.

Add veggies, 1/2 tsp. garlic powder, 1/2 tsp. onion powder, and 1/4 tsp. oregano. Cook and stir until chicken is cooked through and veggies are soft, 8 - 10 minutes.

Remove from heat, and stir in dressing.

Serve topped with peppers and feta.

MAKES 2 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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