

Serves 2 • Serving size: about 2 cups



PREP: 15 minutes
COOK: 20 minutes

Grilled Chicken and Vegetable PANZANELLA

- 4 (1 1/2"/2.5 cm) slices Italian or sourdough bread
- 4 tbsp. unsalted butter
- 1 garlic clove, peeled
- 2 (4-oz/115 g) boneless, skinless chicken breasts
- Salt and pepper, to taste
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1 yellow onion, roughly chopped
- 1 large tomato, chopped
- 2 cups chopped Romaine or mixed greens
- 1 bunch Italian flat-leaf parsley, roughly chopped
- Shaved Parmesan cheese
- 1/2 cup favorite Italian dressing

1. Butter each side of the bread. Place bread in the base of the MicroPro™ Grill. Place cover on the bread in the grill position. Microwave on high power 2 minutes.
2. Remove, flip bread and microwave on high power 1 minute.
3. Remove and rub bread with whole garlic clove, set aside.
4. Place chicken in base of the MicroPro™ Grill. Place cover on the chicken in the grill position. Microwave on high power 6 minutes.
5. Remove, flip chicken and microwave on high power 3 minutes or until internal temperature of chicken reaches 165° F/75° C.
6. Remove chicken, sprinkle with salt and pepper to taste, set aside 2 minutes. Cut chicken into 1/2"/1.25 cm cubes.
7. Place peppers, onion and tomato in base of the MicroPro™ Grill. Place cover on the vegetables in the grill position. Microwave on high power 8 minutes.
8. In a large bowl, combine Romaine, parsley, bread cubes, grilled vegetables and dressing. Garnish with shaved Parmesan. Serve at room temperature.

Nutritional Information (per serving):

Calories: 560 Total Fat: 23g Saturated Fat: 0g Cholesterol: 140mg
Carbohydrate: 38g Sugar: 9g Fiber: 5g Protein: 48g Sodium: 600mg
Vitamin A: 110% Vitamin C: 230% Calcium: 20% Iron: 15%

TO DEMO



MicroPro™ Grill

OPTIONAL



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

