

Sweet & Spicy Chicken with Brown Rice, Bell Pepper & Sweet Potato:

Ingredients:

For the Chicken:

- 2 chicken breasts (boneless, skinless)
- 1 tbsp garlic-infused olive oil (use the oil only, not the solids, for low FODMAP)
- 1 tbsp maple syrup or rice malt syrup
- 1 tbsp Dijon mustard
- 1 tsp chili flakes (adjust to taste)
- 1 tbsp lime juice
- Salt and pepper to taste

For the Vegetables:

- 1 medium sweet potato, peeled and diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 tbsp olive oil
- 1 tsp smoked paprika
- Salt and pepper to taste

For the Rice:

- 1 cup brown rice (uncooked)
- 2 cups water or low FODMAP chicken broth (ensure no onion or garlic added)
- Salt to taste

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Instructions:

1. Prepare the Rice:

- Rinse the brown rice under cold water.
- In a medium pot, combine the rice and water (or broth) and bring to a boil.
- Reduce the heat to low, cover, and simmer for 30-40 minutes, or until the rice is cooked and the liquid is absorbed. Set aside.

2. Prepare the Chicken Marinade:

- In a small bowl, mix the garlic-infused olive oil, maple syrup (or rice malt syrup), Dijon mustard, chili flakes, lime juice, salt, and pepper.
- Coat the chicken breasts with the marinade and let them sit for 15-20 minutes (or refrigerate for longer marination if desired).

3. Cook the Vegetables:

- Preheat your oven to 400°F (200°C).
- On a baking sheet, toss the diced sweet potato, red and yellow bell peppers with olive oil, smoked paprika, salt, and pepper.
- Roast for 20-25 minutes, or until the sweet potato is tender and vegetables are slightly charred. Stir halfway through cooking.

4. Cook the Chicken:

- While the vegetables are roasting, heat a large skillet or grill pan over medium-high heat.
- Cook the chicken breasts for 5-7 minutes on each side until golden brown and cooked through (internal temperature should reach 165°F or 74°C). Remove from the pan and let rest for a few minutes before slicing.

5. Assemble the Dish:

- To serve, place a serving of brown rice on each plate, top with roasted vegetables, and add sliced chicken.
- Drizzle any remaining marinade over the top for extra flavor.

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Notes:

- **Low FODMAP:** The garlic-infused oil provides the garlic flavor without the high FODMAP content, as the solids are removed.
- **Adjusting Spice:** You can adjust the chili flakes to your heat preference. If you prefer a milder flavor, reduce the amount or omit it.
- **Serving Size:** This recipe serves 2-3 people depending on portion size.

Nutritional values for the **Sweet & Spicy Chicken with Brown Rice, Bell Pepper & Sweet Potato** recipe (per serving, assuming 3 servings in total):

Estimated Nutritional Values per Serving:

- **Calories:** ~400-450 kcal
- **Protein:** ~35-40g
- **Carbohydrates:** ~50-55g
 - **Fiber:** ~6-8g
 - **Sugars:** ~8-10g (from the sweet potato and maple syrup)
- **Fat:** ~12-15g
 - **Saturated Fat:** ~2-3g
- **Cholesterol:** ~60-70mg
- **Sodium:** ~250-350mg
- **Potassium:** ~800-900mg
- **Vitamin A:** ~120-150% of the Daily Value (from sweet potatoes and bell peppers)
- **Vitamin C:** ~80-100% of the Daily Value (from bell peppers)