**Basil Pesto Tossed with Diced Chicken, Bell Peppers and Jalapenos**

**Serves 1**

**Ingredients:**
- 1 cup *Duke Farm* Basil
- 2 tbl Parmesan Cheese
- 2 tbl Olive Oil
- 1 tbl Chopped Garlic
- 1 ea 5 oz Chicken Breast Boneless Skinless
- 1 cup Chicken Stock
- ½ cup *Duke Farm* Bell Peppers
- ¼ cup *Duke Farm* Jalapenos
- 1/8 tsp Salt
- 1/16 tsp Pepper

**Directions:**
Take the basil and place into robot coupe, chop on pulse setting, add in garlic and parmesan cheese and continue to pulse. While setting is switched to on slowly add in olive oil to emulsify. Take pre made chicken stock and bring to simmer. Reduce heat and place in chicken breast to cook through to 165 degrees. Remove from liquid and let drain. Cool down to 40 degrees quickly and then chop into medium dice. In a bowl combine the diced chicken with the chopped peppers and jalapenos, season with salt and pepper and add in the pesto to coat. Serve cold.

**Nutrition Info:**
Calories: 660, Protein 44 grams, Carbs. 19 grams, Fat 41 grams and Fiber is 3 grams.
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