
Chicken & Vegetable One Skillet Meal

Total time: 30 min Yield: 5 Servings

Ingredients

extra virgin olive oil
1 onion (julienned)
4 medium size carrots (1" sliced on a diagonal)
1 medium red potato (1/2" slices)
4 cup button mushrooms (halved)
1 lb broccoli crown, cut into bite size pieces
3 clove garlic (sliced)
3 chicken thighs (boneless, skinless, cut into strips)
1 Tbsp fresh herbs (basil, oregano or thyme, chopped)
3/4 cup chicken broth
salt
black pepper

Prep Time: 30 min Total Time: 30 min

Instructions

Heat a large skillet on medium heat and add a drizzle of olive oil. Sauté the onion until it begins turning translucent, then add carrots and red potato, stirring occasionally until the potato starts to turn golden brown. Add mushrooms, broccoli and garlic, cook until broccoli is just turning color and is still crisp, but tender. Remove veggies from pan and set aside. Add chicken to the pan and cook until browned, add chicken broth and simmer until chicken is cooked through. Stir in cooked veggies, fresh herbs (basil, oregano or thyme) and season to taste with salt & pepper.

Enjoy this dish on a bed of brown rice for a complete meal!

Recipe brought to you by:

Chef Michi Holland