

Garlic Chicken with Broccoli and Spinach

- 1 pound chicken breasts cut into 1" pieces
- 2 teaspoons olive oil
- 1 teaspoon Italian seasoning
- 1/4 teaspoon crushed pepper optional
- Himalayan sea salt and pepper to taste
- 3-4 cloves garlic minced
- 1/2 cup tomatoes chopped
- 2 cups broccoli florets
- 2 cups baby spinach

1. Heat 2 teaspoons olive oil in a large saucepan over medium-high heat. Add the chopped chicken breasts, season with Italian seasoning, crushed red pepper, and salt & pepper. Sauté for 4-5 minutes or until chicken is golden and cooked through.

2. Add the garlic and sauté for another minute or until fragrant. Add the tomato, broccoli and spinach. Cook for another 3-4 minutes or until the broccoli is cooked through.

3. Serve with cooked zucchini noodles or cauliflower rice.

Serving Size = 3 ounces of chicken and 1 cup of cooked veggies

