Italian Chicken Skillet

- 12 ounces chicken breasts
- 1 cup olives, pitted
- 1 bell pepper, diced
- 1 onion, finely chopped
- 1 small bunch asparagus, trimmed and chopped
- 2 cups diced tomatoes
- 4 garlic cloves, minced
- 1.5 cups tomato sauce
- 1/4 cup chicken stock
- 1 teaspoon red pepper flakes
- 1/4 cup fresh parsley, minced + more to garnish
- 1/4 cup fresh basil, minced
- 4 teaspoons olive oil
- Himalayan sea salt and freshly ground black pepper

1. Season the chicken to taste with sea salt and freshly ground black pepper.

2. Heat a skillet over medium-high heat, brown the chicken legs 3 to 4 minutes per side.

3. Set the chicken aside, lower heat, and add the olive oil to the skillet.

4. Add the onion, bell pepper and garlic; cook until soft 2 to 3 minutes.

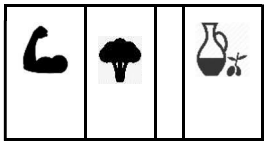
5. Pour in the chicken stock, bring to a simmer and continue cooking until almost evaporated.

6. Add the asparagus, diced tomatoes and olives; cook 3 to 4 minutes, then pour in the tomato sauce.

7. Sprinkle the sauce with parsley, basil, red pepper flakes, and season to taste. Toss everything and bring the chicken back to the pan.

8. Cover and cook until chicken is cooked through, 15 to 20 minutes.

9. Serve topped with fresh parsley.



Makes 4 total servings.
Serving Size = 3 ounces of chicken, about 6 olives & 1 cup of cooked vegetables.
Enjoy with 1 cup of fruit to complete the meal.