

Italian Chicken and Vegetable Skillet

- 1 pound boneless skinless chicken breasts, cut into bite sized pieces
- 2 teaspoons Italian seasoning, divided
- 1/2 teaspoon red pepper flakes (optional)
- 2 teaspoons minced garlic
- 1 cup cherry tomatoes, halved
- 2 small zucchini, diced
- 1 tablespoon balsamic vinegar, NO sugar added
- 1 tablespoon chopped fresh basil
- Himalayan sea salt and fresh ground black pepper to taste



1. Season the cut up pieces of chicken with salt and pepper and place them in a freezer bag, 1 teaspoon of Italian seasoning, red pepper flakes and minced garlic. Massage the mixture into the chicken and let it marinate for at least 15 minutes or overnight.
2. Heat a 12 inch skillet over medium-high heat and drizzle with cooking oil.
3. Add the chicken mixture to the hot skillet and sauté until thoroughly cooked, about 4-5 minutes. Remove the cooked chicken onto a plate.
4. Add in the zucchini, tomatoes and remaining teaspoon of Italian seasoning. Sauté until they start to soften, about 2-3 minutes.
5. Lower the heat to medium and add the chicken back into the skillet along with balsamic vinegar and basil. Stir everything together and taste for seasoning. Serve immediately.