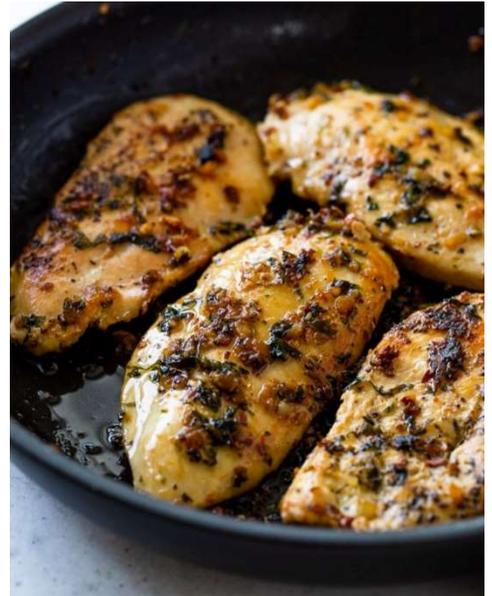


Garlic Butter Chicken

- 2 medium chicken breasts, cut in half horizontally
- 1 teaspoon olive oil
- 1 teaspoon Italian season
- Himalayan sea salt and pepper to taste
- Crushed red chili pepper flakes optional
- 1 teaspoon butter
- 3-4 cloves garlic minced
- 2 tablespoon freshly chopped parsley or cilantro



1. Cut chicken breasts in half to make 4 thin chicken fillets. Season with Italian seasoning, salt, pepper, and crushed red pepper.
2. Heat the olive oil in a large pan over medium-high heat. Add the chicken and cook 3-4 minutes per side or until golden and crispy. Remove from pan and set aside.
3. Reduce heat to low-medium and add 2 teaspoons butter to the pan along with the garlic, fresh herbs, and a pinch of crushed red pepper flakes. Stir the garlic and herbs into the melted butter.
4. Return chicken to pan and drizzle sauce on chicken. Cook for another 1-2 minutes or until the garlic is golden and fragrant. Serve with a side of veggies, or cauliflower rice.

Serving size = 3 ounces