

Garlic Butter Chicken and Broccoli

For the chicken:

- 2 -3 oz chicken breast
- 1 teaspoon EACH salt, garlic powder, oregano
- 1/2 teaspoon EACH black pepper, chili powder
- 2 teaspoon olive oil
- 2 teaspoons butter, divided
- 3-4 cloves garlic minced
- 1 teaspoon Italian seasoning
- ½ teaspoon crushed pepper

For the broccoli:

- 4 cups broccoli florets or broccolini
- ¼ cup water or chicken stock
- 1 tablespoon lemon juice or juice of ½ lemon



1. Cut chicken breasts in half horizontally (to make 4 pieces total). Season both sides of chicken breasts with salt, garlic powder, black pepper, and chili powder.

2. Heat 1 teaspoon olive oil in a large skillet or cast iron pan over medium-high heat. Add 1 teaspoon butter along with the chicken breasts. Cook chicken breasts 4-5 minutes per side or until browned and cooked through.

3. Remove chicken breasts from the pan and add the remaining 1 teaspoon butter, garlic, Italian seasoning, and crushed pepper flakes. Stir for 1 minute or until garlic is fragrant and add the broccoli, water, and lemon juice to the pan. Cook broccoli 2-3 minutes or just until cooked.

4. Return chicken to the pan and garnish with parsley, cilantro, or lemon if desired. Serve immediately.

Makes 2 servings

Serving Size = 2 cups of broccoli and 3 ounces of chicken

Enjoy with 1 serving of on plan fruit to complete the meal.

