

## Garlic Tomato Basil Chicken

- 2-3 chicken tender fillets, skinless and boneless (about 3-4 ounces)
- Himalayan sea salt and pepper, to season
- 1/4 teaspoon garlic powder
- 1 teaspoon butter, divided
- 1 teaspoon coconut oil, divided
- 2 cups grape tomatoes, halved
- Fresh basil, shredded if available , dried is ok to substitute
- 1/2 tablespoon minced garlic or 1 large clove of garlic



1. Season chicken tender with salt, pepper and garlic powder.
2. Heat 1/2 teaspoon of oil and 1/2 teaspoon of butter in a skillet or pan over medium-high heat. Fry chicken on both sides until golden browned and completely cooked through (about 5-6 minutes per side, depending on the thickness of your fillets). Once cooked, transfer to a plate and tent with foil to keep warm.
3. Heat remaining butter and oil in the pan. Fry garlic until fragrant (about one minute). Add the tomatoes and cook for two minutes, or until they just begin to soften. Turn off the heat and stir through basil.
4. Season with any extra salt and pepper, if needed. Add the chicken back into the pan, and spoon the pan juices and tomato/garlic mixture all over the chicken!

Makes 1 serving.

Serving Size = 3 ounces of chicken & 1 cup of vegetables

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

