

Quick Stir-Fry Chicken and Veggies

- 2 teaspoons olive oil or healthy oil of choice
- 1 pound boneless skinless chicken breasts, cut into ½-inch-thick slices
- 2 cups broccoli florets
- 1 large zucchini cut into slices
- 1 medium bell peppers cut into ½-inch-thick slices
- 1 medium yellow onion halved and cut into ½-inch-thick slices
- 3-4 cloves garlic minced or crushed
- 1 tablespoon Italian seasoning or your favorite seasoning blend!
- 1 teaspoon Himalayan sea salt
- ½ teaspoon black pepper



1. Heat 2 tablespoons oil in large skillet to medium, high heat. Add the chicken, veggies, garlic, and spices. Cook for 8-10 minutes, stirring occasionally until the veggies are soft and tender and the chicken is golden and cooked through.

Serving Size = 3 ounces chicken and 1-1.5 cups of veggies