

## Sautéed Chicken and Cabbage

- 1-3 oz chicken breast, skinless, boneless and sliced
- 1 Cup of green cabbage, shredded
- 1 Cup of red cabbage, shredded
- 3 tablespoons paprika
- 1 tomato, pureed
- 1 cup chicken stock
- 2 teaspoons coconut oil
- Himalayan sea salt and freshly ground black pepper



1. Melt coconut oil in a skillet over medium-high heat.
2. Cook the sliced chicken until browned on each side. When nearly cooked through, add the shredded cabbages to the skillet and cook, stirring, for 4 to 5 minutes.
3. Pour in the pureed tomato, chicken stock, paprika, and season to taste.
4. Give everything a good stir and bring to a boil. Lower the heat and let simmer for 10 to 12 minutes, making sure that the chicken is fully cooked. Remove from heat and serve warm.

Makes 1 serving.

Serving Size = 3 ounces of chicken and 1 cup cooked cabbage

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

