

Spiced Chicken with Olives and Lemon

- 1 teaspoons olive oil
- 1 large onion, halved, thinly sliced
- 1 cup of broccoli
- 2 cloves garlic, minced
- 1 teaspoon Himalayan sea salt, divided
- 2 lemons, 1 cut into 8 wedges quartered and deseeded and one juiced
- 1/2 tablespoon paprika
- 1/2 teaspoons ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1 15 ounce can low-sodium chicken broth
- 4 oz. chicken breast, boneless and skinless
- 6 olives, pitted and reserving all the juice



1. Heat oil in large skillet over medium heat, add onion and garlic, sprinkle with 1/2 teaspoon Himalayan sea salt and sauté until golden, about 4-5 minutes.

2. Add the juice of one lemon and next 5 ingredients; stir 1 minute. Add broth and reserved olive juice and bring to boil.

3. Sprinkle chicken with remaining 1/2 teaspoon Himalayan sea salt add to skillet. Add the remaining 8 lemon wedges and olives. Cover, reduce heat to low, and simmer 25-35 minutes or until chicken is cooked through, turning occasionally. Transfer chicken to platter and serve.

Makes 1 serving

Serving Size = 3 ounces of chicken, 1 cup cooked cooked vegetables and 6 olives

Enjoy with serving of on plan fruit for a complete meal.

