

Chicken and Vegetables Skillet Dinner

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Ingredients:

About 1 1/4 # boneless, skinless chicken breasts, sliced
salt, pepper, garlic powder to taste
2 TBSP olive oil
2 cloves minced garlic
1/2 cup chicken broth
1/4 cup white wine
1/2 tsp salt
1/4 tsp pepper
1 tsp dried basil
4 oz mushrooms, cleaned, trimmed, sliced
1/2 cup cherry tomatoes, halved
1/2 cup broccoli florets
1/2 small zucchini, ends removed, halved and sliced
1/4 cup grated parmesan

OPT: cooked pasta or rice

Directions:

*Sprinkle the chicken pieces with salt, pepper and garlic powder.

*Heat the olive oil in a large skillet at medium to medium high heat. Add the chicken and minced garlic, cook and stir until the chicken is cooked through.

*Add the chicken broth, wine, salt, pepper, basil, mushrooms, tomatoes, broccoli and zucchini to the skillet. Cook and stir, bringing the broth to a boil. Reduce heat to medium and boil, stirring now and then, until the vegetables are crisp/tender, about 5 minutes.

*Sprinkle with the grated parmesan. OPT: serve over cooked pasta or rice.