

# Italian-Style Chicken Recipe

Try this Italian-style chicken designed to fill you up with good-for-you vegetables and tasty, nutritious chicken.

## Ingredients

- 1 boneless, skinless chicken breast
- 1 ½ medium whole red tomatoes
- 2 cups spinach
- 1 ½ cloves garlic
- 1 tbsp coconut oil
- ¼ cup chopped onions
- ⅓ tsp dried oregano
- 1 handful fresh chopped basil leaves
- ½ tbsp lemon juice
- 1 dash salt
- ½ dash black pepper
- 2 oz organic, low sodium vegetable broth

## Preparation

1. Heat 1/2 tablespoon oil in non-stick pan. Add chicken and onion. Cook until chicken is done. Set aside.
2. In a second non-stick sauté pan, heat remaining oil. Stir in tomatoes, broth, garlic, oregano, basil, salt and pepper and sauté for 1-2 minutes. Then, add spinach to mixture and sauté until it begins to wilt (about a minute). Sprinkle lemon juice on top.
3. Place vegetable mixture on serving plate and top with chicken.

## Nutrition

Per serving: Calories 268; fat 10g, sodium 322 mg; carbohydrates 17.5g; protein 27.3g; fiber 5.1g



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