

Chicken & Brussel Sprout Skillet



INGREDIENTS

- 2 lbs Boneless/skinless chicken breasts, medium dice
- 1 lb fresh brussels sprouts, shaved
- 1 1/2 tbsp olive oil
- 2 tbsp lemon juice
- 1/2 cup low-sodium chicken broth
- 1 tbsp Alanna's Gourmet Italian Herb Blend
- salt

DIRECTIONS

- Preheat large skillet to medium high & toast herbs 45 seconds then add oil.
- Once oil is hot, add chicken and brussels sprouts.
- Sauté for 3 to 4 minutes uncovered. Chicken should be close to done with some color but should not be cooked through. Brussels sprouts will have a bit of brown.
- Add chicken broth. Stir. Reduce heat to medium & cover. Let it simmer for 5 minutes.
- After 5 minutes, turn off the heat and uncover, & stir in lemon juice. Let sit for 2 minutes to cook off a bit of the sauce.
- Salt to taste.

Alanna's

Gourmet

