



HEALTHY LOW CARB
**CHICKEN & VEGGIES
SKILLET**



Original Recipe Link:

<https://diethood.com/chicken-vegetables-skillet/>

INGREDIENTS

- 2 tablespoons **olive oil**, divided
- 1 pound boneless skinless chicken breasts, cut into 1-inch pieces
- Salt and fresh ground pepper, to taste
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon **dried thyme**
- ½ teaspoon **dried rosemary**
- ½ teaspoon **paprika**
- ¼ to ½ teaspoon chili powder
- 1 yellow onion, thinly sliced
- 3 cups bite-size broccoli florets
- 1 zucchini, thinly sliced and cut into half-moons
- 1 yellow bell pepper, cut into 1-inch chunks
- 1 red bell pepper, cut into 1-inch chunks
- ¼ cup low sodium chicken broth, you can also use dry white wine or water
- Chopped fresh parsley, for garnish

INSTRUCTIONS

- Cut chicken into 1-inch pieces and season with salt and pepper; set aside.
- In a small mixing bowl combine garlic powder, onion powder, thyme, rosemary, paprika, and chili powder; take half of the seasoning and sprinkle it over the chicken.
- Add ½ tablespoon olive oil to the chicken and toss around to coat evenly.
- Heat 1 tablespoon olive oil in a large 12-inch skillet set over medium-high heat.
- Add chicken pieces to the hot oil and cook for about 6 to 8 minutes, or until browned on all sides and chicken is cooked through.
- Remove chicken from skillet; set aside in a plate and keep covered.
- Return skillet to the heat and add remaining olive oil.
- To the skillet add the onion and cook for 2 minutes.

- Stir in broccoli, zucchini, and peppers. Add more oil to the skillet, if needed.
- Season with remaining spice mix plus salt and pepper, and continue to cook for 4 to 6 minutes, or until vegetables are crisp tender.

Stir couple times during the cooking process.

- Stir in the chicken broth.
- Return chicken and any chicken juices to the skillet; stir around to combine and cook for a minute.
- Remove from heat. Taste for salt and adjust accordingly.
- Garnish with parsley.
- Serve.