



cara price

ITALIAN SKILLET CHICKEN

INGREDIENTS

- 2 pounds chicken tenders, cut into bite size pieces
- 1 yellow onion, diced
- 1 pint grape tomatoes, halved
- 8 ounces mushrooms, stemmed & sliced
- 3 cloves garlic, minced
- ¼ cup olive oil, divided
- ¼ cup chicken broth
- 1 lemon, juiced
- 1 tablespoon stone ground mustard
- 1 tablespoon Italian seasoning
- 1 ¾ teaspoons salt, divided
- 1 teaspoon pepper
- Basil, chopped for garnish

DIRECTIONS

place the cubed chicken in a medium size bowl. combine the Italian seasoning, 1 ½ teaspoons of the salt & the pepper. sprinkle the seasoning mix over the chicken & toss to coat.

heat 3 tablespoons of the olive oil in a large skillet over medium high heat. brown the chicken on all sides, stirring as necessary.

once the chicken is mostly browned, but not completely cooked, transfer it to a bowl & keep warm. reserve oil & drippings in skillet.

pour the remaining tablespoon of olive oil into the skillet. add the onion to the skillet & brown, stirring about 3 minutes.

add in the mushrooms, garlic & tomatoes. continue cooking until veggies begin to soften. sprinkle with the remaining ¼ teaspoon of salt.

combine the chicken broth, lemon juice & mustard in a small bowl. pour into the skillet with the veggies. return the chicken to the skillet & stir. reduce heat to low & cover. continue cooking 10 minutes.

garnish with basil.