

Lemon Skillet Chicken

Ingredients

-1 1/4 lbs boneless skinless chicken breasts, diced into bite size pieces
4 TBS olive oil, divided
Salt and freshly ground black pepper
3 tsp Italian seasoning, divided 1 tsp garlic powder, divided 1/2 tsp onion powder
1 small sweet onion, sliced
Zest of one lemon plus more for serving
2 medium zucchini, sliced and halved into half moon shapes
1/3 cup finely shredded parmesan, or more to taste
2 Tbsp fresh lemon juice

Directions

- 1 Mix together salt, pepper, 2 tsp Italian seasoning, 1/2 tsp garlic powder, onion powder and lemon zest in a medium bowl. Add in diced chicken and toss well to coat the chicken.
- 2 Heat 2 TBS olive oil over medium heat in a large skillet and then add chicken and cook 3-5 minutes then flip and cook opposite side until chicken has cooked through (center of larger pieces should register 165 degrees), about 3 minutes longer. Transfer to a plate.
- 3 Heat remaining olive oil in same skillet over medium- high heat. Add zucchini and onion then season with salt, 1 tsp Italian seasoning and 1/2 tsp garlic powder. Cook tossing occasionally until just tender, about 4 minutes.
- 4 Return chicken to pan with zucchini and squash. Drizzle in lemon juice and toss. Sprinkle with parmesan. Serve warm with more parmesan and lemon zest if desired

MADE WITH LOVE

by Teresa Forchard