

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

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