

# Lemon Parmesan Chicken & Summer Squash Skillet

## INGREDIENTS

- 1½ lbs boneless skinless chicken breasts, diced into bite-sized pieces
- 2 tbsp olive oil, divided
- 1 tbsp butter
- 1 small sweet onion, sliced
- 2 medium zucchini, sliced into half moons
- 1 medium yellow squash, sliced into half moons
- 2-3 cloves garlic, minced
- Zest of 1 lemon, plus more for serving
- 2 tbsp fresh lemon juice
- 3 tsp Italian seasoning, divided
- 1 tsp garlic powder, divided
- ½ tsp onion powder
- ¾ tsp kosher salt, plus more to taste
- ½ tsp black pepper
- ½-¾ cup finely shredded parmesan cheese
- Optional: chopped parsley, fresh basil, or red pepper flakes for serving

## DIRECTIONS

1. Dice chicken into bite-sized pieces. Slice zucchini, yellow squash, and onion into thin half moons. Mince garlic.
2. In a bowl, combine 2 tsp Italian seasoning, ½ tsp garlic powder, onion powder, lemon zest, salt, and black pepper. Add chicken and toss well to coat.
3. Heat 1 tbsp olive oil in a large skillet over medium-high heat.
4. Add chicken in a single layer and cook undisturbed for 2-3 minutes until golden. Stir and continue cooking another 4-5 minutes until cooked through to 165°F. Transfer to a plate.
5. Reduce heat to medium and add remaining 1 tbsp olive oil.
6. Add onion, zucchini, and yellow squash. Season with remaining Italian seasoning, remaining garlic powder, and a pinch of salt.
7. Cook 5-6 minutes, stirring occasionally, until vegetables are tender and lightly golden.
8. Add garlic during the final 30-60 seconds and stir until fragrant.
9. Return chicken to the skillet. Add butter and lemon juice, then toss everything together until glossy and combined.
10. Sprinkle parmesan over the top and gently toss again.
11. Finish with extra parmesan, fresh lemon zest, parsley or basil, and cracked black pepper. Serve warm on its own or with rice, pasta, or crusty bread.