



Skillet Chicken With Summer Vegetables

Serves 4-6

Ingredients

- 2 tablespoons flour (all purpose or whole wheat)
- 1 teaspoon smoked paprika
- ½ teaspoon fine salt, divided
- ⅛ teaspoon cayenne pepper, or to taste
- 4 Tbsp olive oil (use 2 Tbsp to saute chicken and the other 2 Tbsp to saute vegetables)
- 1 ¼ pounds boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 medium red onion , diced (1+ cup)
- 1 ½ cup crimini mushrooms, cleaned and cut into ⅙'s
- 3 cloves crushed garlic
- 3 cups fresh corn kernels (from 4 ears)
- 1 medium zucchini (8 ounces), trimmed, quartered lengthwise and sliced 1/2-inch thick
- 1.5 cups grape or cherry tomatoes, halved, or quartered if large
- 1/8 teaspoon freshly ground black pepper
- ½ tsp sea salt
- 2 tablespoon fresh lemon juice, plus more to taste
- ¼ cup lightly packed fresh basil leaves, cut into ribbons

Instructions

Combine flour, paprika salt, cayenne and toss chicken cubes in this.

Heat a large, straight-sided saute pan, heat 2 Tbsp of the olive oil. Saute the chicken chunks for 5 minutes, turning to brown it all over. You don't have to cook it all the way through. Remove the chicken to a bowl.

Heat the other 2 Tbsp of olive oil and then add the onion. Saute for 3 minutes until it is translucent. Add the garlic and saute another minute. Add the corn, zucchini, tomatoes, and mushrooms, salt and pepper and cook until the vegetables become a little soft.

Put the already cooked chicken along with any juices that have accumulated in with the vegetables and saute for another 2 minutes. Stir in the lemon juice. Garnish with ribbons of basil and serve over brown rice, quinoa or barley.

PS: I am going to try this with tofu!

