

Mediterranean Chicken

(Whole 30 & Paleo)

Shopping List:

- 4 thin sliced boneless skinless chicken breasts
- olive oil, for coating
- juice from 2 lemons
- 1 tsp red pepper flakes
- 2 tsp paprika
- salt and pepper to taste
- 2 cups broccoli florets
- 1 cup cherry tomatoes
- 2 cloves garlic
- 2 tbsp oregano
- garlic powder to taste
- onion powder to taste
- splash of dry white wine
- 1/2 cup pitted kalamata olives

Instructions:

Heat olive oil in a non-stick skillet over medium high heat.

Rub both sides of the chicken breasts with a little olive oil and lemon juice and sprinkle with the paprika, salt, pepper, and red pepper flakes. Saute the chicken breasts until cooked thoroughly and place aside on a plate.

Add the broccoli to the skillet with some olive oil if needed and cook until tender. Then add the cherry tomatoes, garlic, and remaining seasonings. (I added additional garlic powder, onion powder, more oregano than listed.) Add a little more lemon juice if desired while the vegetables are cooking, for about 5 minutes until the tomatoes begin to burst. Remove from the heat and add the splash of white wine and olives to create the sauce.

Add the chicken back to the skillet to warm it and combine the flavors, then serve immediately.