



heart healthy • low sodium • low carb • weight loss • diabetes

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Recipe by Sydney Elston

Zesty Pan Seared Chicken & Sautéed Vegetables



INGREDIENTS	INSTRUCTIONS
• 1lb of thawed chicken (your choice: breast, thighs, legs, or wings) • ½ lemon squeezed, for juice • ¼ cup cooking oil • 1 teaspoon garlic powder • 1 teaspoon onion powder • 1 teaspoon salt free seasoning • Salt and Pepper to taste (optional) • 1 medium yellow squash • 1 medium zucchini • ½ of a medium onion (red, yellow, or white) • ½ cup water	1. In a mixing bowl, add rinsed chicken, 2 teaspoons of oil, and juice of the lemon and mix. Add ½ teaspoon of garlic powder, ½ teaspoon of onion powder, and ½ teaspoon of salt free seasoning. Salt and Pepper (optional). Let it stand for 10 minutes. 2. Rinse and cut vegetables and onion. Place in a separate bowl. 3. On medium high heat, add half of the cooking oil to a medium sized frying pan. Once the oil is hot, add chicken. Cook on each side for 10 minutes, continuing to turn until brown on each side. Add half of the water & cover for 10 minutes until cooked completely. 4. In a separate pan, add remainder of oil, turn on medium heat. Add remainder of the seasonings to the vegetables. Place vegetables in heated frying pan. Add remainder of water after 5 minutes. Cook until tender. 5. Serve with the chicken.

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