



Chicken with Summer Vegetables

READY IN



27 min.

SERVINGS



12

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 16 cherry tomatoes halved
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 12 servings salt and pepper
- ☐ 4 chicken breast halves boneless skinless
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil
- ☐ 1 baby squash yellow cut into 1/2-inch pieces
- ☐ 1 medium zucchini cut into 1/2-inch pieces

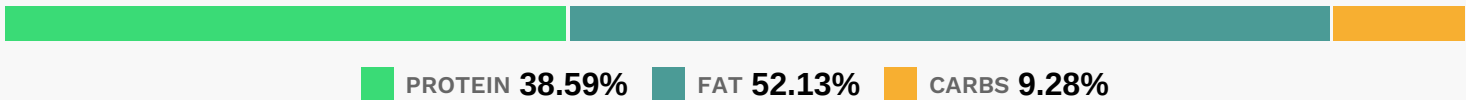
Equipment

- ☐ frying pan
- ☐ knife
- ☐ aluminum foil
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place chicken breasts between 2 pieces of waxed paper and pound to an even 1/2-inch thickness with a meat mallet (or use a rolling pin). Trim any excess fat or ragged edges. Season both sides with salt and pepper.
- ☐ Melt butter with oil in a large skillet over medium-high heat. When foam subsides, cook chicken until browned and cooked through but still slightly springy to the touch, 3 to 4 minutes on each side.
- ☐ Transfer to a plate and cover loosely with foil.
- ☐ Pour off all but 1 Tbsp. fat from skillet.
- ☐ Add broth, increase heat to high and boil, stirring to pick up any browned bits on bottom of skillet, until slightly reduced, about 2 minutes.
- ☐ Add zucchini and squash; sprinkle with salt and pepper. Cook, stirring often, until softened, about 3 minutes. Stir in tomatoes and thyme. Cook just until tomatoes are warmed through, about 2 minutes. Season with additional salt and pepper, if desired.
- ☐ Using a sharp knife, cut chicken into thick slices on a diagonal.
- ☐ Serve warm with a spoonful of vegetables on the side.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:6.2378260713557%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 90.92kcal (4.55%), Fat: 5.3g (8.16%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.6g (0.58%), Sugar: 1.35g (1.5%), Cholesterol: 29.12mg (9.71%), Sodium: 244.83mg (10.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.67%), Vitamin B3: 4.34mg (21.71%), Vitamin B6: 0.36mg (18.19%), Selenium: 12.26µg (17.51%), Vitamin C: 11.59mg (14.05%), Phosphorus: 101.55mg (10.15%), Potassium: 284.27mg (8.12%), Vitamin B5: 0.63mg (6.28%), Vitamin K: 6.23µg (5.94%), Vitamin A: 253.7IU (5.07%), Vitamin B2: 0.09mg (5.04%), Manganese: 0.09mg (4.52%), Magnesium: 17.97mg (4.49%), Folate: 13.26µg (3.31%), Vitamin E: 0.48mg (3.18%), Vitamin B1: 0.05mg (3.18%), Iron: 0.46mg (2.57%), Copper: 0.05mg (2.53%), Zinc: 0.37mg (2.44%), Fiber: 0.52g (2.1%), Vitamin B12: 0.09µg (1.49%), Calcium: 11.19mg (1.12%)