

Recipe for: Sweet Basil Chicken

Ingredients:

3 boneless chicken breasts
2 Tbsp olive oil
3 to 4 Tbsp dry basil
1 tsp garlic powder
½ tsp sea salt
1 tsp coarse black pepper

Preparation:

Cut chicken into bite size pieces. Sprinkle top with basil, garlic, sea salt and pepper. Cover with plastic wrap and press spices into chicken. Discard plastic wrap. Heat oil in skillet. Sauté chicken for 10-15 min. on medium high heat, stirring often. Juices will evaporate and chicken will brown.

Serve chicken over Basmati brown rice sautéed with diced red peppers or serve warm/cold on a tossed salad.