Italian chicken and vegetables

Ingredients

2 lb boneless-skinless chicken breast, cut into bite-sized pieces

½ T each of dried basil, parsley and oregano

1 C grape tomatoes, cut in half

1 lb asparagus, stems remove and cut into bite-sized pieces

1 yellow squash, medium dice

2 zucchini, medium dice

1 red bell pepper, cut into strips

1 small white onion, sliced thinly

½ C balsamic vinegar

S+P TT

Procedure

1) Cook chicken until done, then set aside in large bowl

2) While chicken is cooking, prep all the vegetables

3) Once chicken is done cooking, Add all the vegetables to the pan along with the dried herbs, balsamic vinegar and S+P TT

4) Cook until the vegetables are al dente, then move to the bowl along with the chicken

5) Mix well, check seasoning, portion out and serve.