One-pot Mediterranean chicken and vegetables

Serves 4

Ingredients

3 tablespoons of olive oil divided

2 lb boneless skinless chicken breasts

1 medium onion diced

3 garlic cloves minced

2 medium zucchini, diced

1/4 cup sun-dried tomatoes chopped

1 red bell pepper chopped

1 orange or yellow bell pepper chopped

1 cup low sodium chicken broth

1/2 cup fresh cilantro chopped

1/3 cup chopped fresh parsley

3 tablespoons of fresh basil chopped

1 teaspoon of dried oregano

Sea salt and black pepper to taste

Instructions

1. Dice chicken into bite-sized pieces
2. Heat oil in a large skillet over medium-high heat, then add the chicken and sauté until medium brown in batches
3. Put cooked chicken in a large bowl. Add another 1/2 - 1 tablespoon of olive oil to the pan. Add the onion and garlic and sauté for about 1-2 minutes until softened, move to bowl with chicken.
4. Add diced zucchini to pan and sauté until slightly golden brown, move to bowl with chicken
5. Add the bell peppers and saute until starting to soften then add sun-dried tomatoes.
6. Add chicken stock. Turn heat to medium low and cover until vegetables are softened and the sauce is slightly reduced - about 7-9 minutes.
7. Add in dried oregano and fresh herbs (cilantro, basil, and parsley) and allow to simmer for an additional 2 minutes uncovered. Season with additional salt and pepper to taste as needed.