

Italian pan chicken dinner

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It's no secret that I'm a big fan of easy meals, especially the ones that come together in less than 30 minutes.

This Italian easy pan chicken dinner with zucchini combines chicken breast, zucchini, and tomatoes with classic Italian flavors.

The tomatoes, zucchini, and herbs combine to create a delicious pan sauce for the chicken breast the whole family will love, and you will feel good serving your family a delicious healthy meal.

Made with just a few simple easy to find ingredients, this recipe works well with chicken thighs too!

Why You will love this Italian pan chicken dinner

It's fast: it takes less about 20 minutes to cook and a few minutes to chop everything up.

It's healthy and nutrient: packed with protein and good for you vegetables. Ingredients your whole family will love

Easy to make: Sauté the chicken saute the vegetables combine everything together and dinner is ready.

I'm using a 12 inch no-stick saute pan in this recipe.

Ingredients

- 3 skinless boneless chicken breast
- 1 cup flour
- Salt and pepper
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped shallots
- 2 cups cherry tomatoes
- 1 cup white wine or vegetable stock
- Juice from one lemon
- 2 cups sliced cherry tomatoes
- 2 medium diced zucchini
- 2 cups chopped spinach
- 1/2 cup kalamata olives
- 1 Tbsp. each oregano and Italian parsley
- 1/2 cup feta cheese

Instructions

1. Start by slicing your chicken breast in half and pounding thin. Salt and pepper to taste
2. Add salt and pepper to the flour dip the chicken breast in the flour mixture shaking off excess.
3. Over medium high heat in the olive oil saute the chicken breast until golden brown on both sides. About 3 minutes per side. remove and set aside
4. In the same pan add the garlic and shallots saute until soft and just beginning to brown. Add the cherry tomatoes and cook until soft. deglaze the pan with either the white wine or chicken stock and lemon juice, then add the zucchini and oregano simmer for 10 minutes or until the zucchini is fork tender.
5. Add the spinach, olives and return the chicken back to the pan and simmer 5 minutes longer.
6. Plate the zucchini sauce top with the chicken breast,

sprinkle with the feata cheese and Italian parsley and
ENJOY!!!!