



Herbed Chicken with Snow Peas

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 2

Nutrition Information Per Serving

274.9 calories, 5.56 g carbohydrate, 1.87 g fiber, 3.69 g NET carbs, 28.06 g protein, 15.57 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 tsp chopped fresh chopped chives
- 2 Tbsp(s) lemon juice
- 1/2 tsp(s) fresh thyme leaves
- 1/2 tsp(s) fresh ground pepper, to taste
- 8 ounce(s) pastured chicken breast, sliced
- 2 Tbsp(s) virgin coconut oil
- 2 cup(s) organic snow pea pods, trimmed
- 1/4 Tbsp.(s) fresh organic rosemary

Preparation

1. Heat the oil in a deep skillet over medium heat.
2. Add the chicken and cook until golden brown; flip and cook through to internal temperature of 160 F.
3. Season with salt and pepper and add the herbs.
4. Stir and add the lemon juice and pea pods.
5. Stir and cook until pea pods are crisp tender.

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