



**Serves 1** Calories 340; **Fat** 6g; **Protein** 50g; **Carbs** 14g

*We love this because you can change it up in so many ways. You can go Asian, Italian or Mexican by simply changing the seasoning, the vegetables or additional add-ins you use.*

*Obviously, the recipe is quick because it uses frozen vegetables and pre-cooked chicken. Try different types of frozen vegetables, steak strips or add fresh vegetables depending on the amount of time you have available. This method can take on numerous forms and flavors.*

*Be careful when using non-stick spray. While, technically, it doesn't have calories, that's only because it's rounded down based on a spray of around 1/5 of a second. It won't equal using butter or oil, which is both delicious and appropriate; it's not usually zero calories or fat either. Just beware.*

*Measuring method: For those that are weighing food to calculate calories and macros, this one's simple. Weigh it out in a bowl and dump it in the pan. You're good to go. Don't forget to add any additional items you use such as oil or cheese.*

## Single-Pan Quick Chicken

Prep **5 mins**; Total **15**; Cook, Enjoy, Clean **30 mins**

*This is something we do on nights when we have late clients or something going on that won't leave us much time for cooking. This is a hot meal, done quickly, that can take on many different flavors. It all depends on the spices and vegetables you use.*

*You can easily adjust the amount of chicken or vegetables based on calorie and macronutrient requirements. Depending on your vegetable and seasoning selection, you can also sauté in butter, oil or add cheese. Anything goes!*

**3 servings (213g) Perdue Short Cuts Carved Chicken Breast**

**2 servings (186g) Kirkland Stir-Fry Vegetable Blend**

**1 tsp. Penzeys Spices Fox Point Seasoning**

**salt & pepper to taste**

**non-stick spray**

1. Heat an appropriately sized skillet over high heat while you measure out your chicken and vegetables.
2. Spray the pan with non-stick spray.
3. Add chicken and vegetables.
4. Add seasoning and sauté the chicken and vegetables.
5. Cover the pan to allow the vegetables to steam while keeping the pan moving.
6. Chicken and vegetables should be ready in 5-10 minutes.
7. Enjoy!

