

MOIST STOVETOP CHICKEN



INGREDIENTS:

- 1 lb chicken breast
- 1 Tbsp avocado OR vegetable oil
- 1 tsp salt and pepper
- 2 tsp paprika
- 2 tsp dried basil

DIRECTIONS:

- 1) Season chicken breast.
- 2) Turn heat to medium-high heat and heat oil.
- 3) Place chicken on hot pan and cook undisturbed for 6-8 minutes.
- 4) Flip chicken breast and cook for another 6-8 minutes or until internal temperature reads 165 F.

Enjoy!

4 oz servings: Calories: 143 | Protein: 24 gm | Carbs: 1 gm | Fat: 4 gm