



Chicken & Zucchini Skillet

4 servings
20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 Carrot (large, diced)
- 1 Zucchini (large, diced)
- 1/4 tsp Sea Salt (to taste)
- 1 lb Extra Lean Ground Chicken
- 1/2 tsp Garlic Powder
- 1 tbsp Coconut Aminos
- 4 cups Baby Spinach

Directions

- 1 Heat half the oil in a skillet over medium-high heat. Cook the carrot and zucchini until fork tender, about five minutes. Season with salt and transfer to a bowl.
- 2 In the same skillet, heat the remaining oil over medium heat. Cook the ground chicken until cooked through, about 10 minutes, breaking it up as it cooks. Drain any excess liquid.
- 3 Stir in the garlic powder, coconut aminos, spinach, and cooked veggies. Once the spinach is wilted and liquid is mostly absorbed, divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one cup.

More Flavor: Add minced garlic, onion, ginger, lime juice, or green onions.

Additional Toppings: Add pineapple chunks or toasted cashews.

No Coconut Aminos: Use soy sauce or tamari instead.