

# Tomato Basil Chicken

## Ingredients

- 100 grams chicken, cubed
- 100 grams (approx. 1½ cups) tomatoes, chopped
- ¼ cup chicken broth or water
- 1-2 cloves garlic, sliced
- 2 tablespoons lemon juice
- 2 tablespoons onion, chopped
- 3 basil leaves, rolled and sliced
- ⅛ teaspoon oregano, fresh or dried
- Dash of garlic powder
- Dash of onion powder
- Cayenne to taste
- Salt and black pepper to taste

Makes 1 serving (1 protein, 1 vegetable)
29 grams protein
3 grams fat
200 calories



## Directions

1. Lightly brown the chicken in a small saucepan with lemon juice.
2. Add garlic, onion, spices, and water.
3. After chicken is cooked, add fresh tomatoes and basil.
4. Continue cooking for 5-10 minutes.
5. salt and pepper to taste,
6. Garnish with fresh basil.