

Sautee'd Vegetables and Chicken Tenderloin



This recipe is simple and tasty. Use whatever vegetables you have in your refrigerator. I like to keep it colorful. The vegetables below are what I used.

Serves 4-6

Ingredients:

- 1 Medium Yellow Pepper Chopped (1 inch size)
- 1 Medium Red Pepper Chopped (1 inch size)
- 6 Asparagus Spears Chopped (1 inch size)
- 2 cups of fresh Spinach
- 1 Medium Yellow Onion Sliced and Chopped
- Salt & Pepper to taste
- Basil to taste

- 2 Tablespoons Olive Oil
- 6 Chicken Tenderloins
- ¼ Cup Fresh Parmesan Cheese Shredded (optional)

Directions:

Vegetables:

- Pour 1 Tablespoon of Olive Oil in large frying pan and heat
- Add all vegetables except Spinach
- Sautee for 5-6 minutes then add Spinach, Sautee another 2-3 minutes or until cooked

Chicken:

- Pour 1 Tablespoon of Olive Oil in medium frying pan and heat
- Add Chicken to pan, sprinkle salt, pepper, and basil on Chicken
- Sautee 3-4 minutes each side until cooked through
- Place Chicken on top of vegetables in pan. Sprinkle Parmesan Cheese on top and serve