

## **Chicken Zucchini Sautéed with Onions, Garlic & Tomato**

Serves 4-6

### **Ingredients**

2 tablespoon extra virgin olive oil or better butter  
1 large onion chopped  
4 large cloves garlic- crushed and minced  
4 or 5 small to medium zucchini (or yellow summer squash) – sliced into thin rings  
½ c. diced red pepper  
2 medium tomatoes – diced  
2 c. diced chicken breast pre-cooked  
sea salt and freshly ground pepper to taste

### **Preparation**

Heat the oil or butter in a large skillet over medium heat. Add the onion and garlic and saute for 2 – 3 minutes, or until onion is getting soft but not browned. Add the zucchini, spreading evenly in the pan. Sprinkle the tomatoes, and chicken over the zucchini and reduce heat to medium-low. Place lid on skillet and let it cook for 7 – 8 minutes, or just until zucchini is tender. Season with salt & pepper to taste and serve warm.