



Chicken With Vegetables

Made with ♥ By Shannon

Prep time: 10 minutes
Cook time: 20 minutes
Servings: 4

Ingredients:

3 Tbsp. olive oil
1 medium onion, diced
2 bell peppers, diced
3 cloves of garlic, minced
1 Tbsp. dried thyme
6 boneless skinless chicken thighs, chopped
3 small zucchini, spiralized
1 pint cherry tomatoes slice in half
Salt to taste

Directions:

1. Heat the olive oil to medium-high in a large sauté pan. Add the onions, peppers, and garlic and cook until the onions are translucent, about 5-6 minutes.
2. Add the thyme and cook an additional 2 minutes.
3. Next add the chopped chicken to the onion mixture, stirring periodically, and cook until chicken is done approximately 6-7 minutes depending on the size of your pieces.
4. Finally, add the cherry tomatoes and the zucchini noodles and cook an additional 5 minutes. Add salt to taste.