

From the book "Man Can Cook" for "The Saturday Herd"
By Robert Sturm



4 Minute Chicken

Ingredients

1 large Chicken Breast cut Skinny Chicken Style (medallions)
2 TB Olive Oil
1&1/2 tsp. All Purpose Seasoning
1 Cup Asparagus, sliced very thin on a bias
1 Cup Mushrooms, sliced very thin
TT Kosher Salt, ground
TT Ground Pepper, fresh

Directions

In a bowl combine olive oil and all purpose seasoning. Add chicken medallions and massage well coating the chicken evenly. In a "HOT" skillet, place chicken in pan, cover and let cook 2 minutes. Turn chicken over. Cover chicken with asparagus and mushrooms. Cover pan and cook 2 minutes. Season to taste with salt and pepper. Serve. Zucchini, onions, tomatoes and most easy to cook vegetables work well with this recipe.