

# Skillet Chicken and Vegetables



## Ingredients:

1 Tbsp olive oil	1 zucchini, sliced
4 cloves garlic minced	1 Tbsp Italian seasoning
1 package Button mushrooms	2 Tbsp balsamic vinegar
3 chicken breasts, diced	2 Tbsp fresh basil, chopped
1 red pepper, chopped	1/2 cup parmesan cheese, grated
1 small red onion, chopped	2 cups cooked quinoa
1/2 bunch asparagus, chopped	

## Directions:

Cook quinoa according to package instructions. In large skillet, heat olive oil over med-high heat. Add mushrooms and garlic. Saute until liquid starts to release (about 5 minutes). Add chicken and cook until browned (about 5 minutes). Add Italian seasoning, balsamic vinegar and basil. Add vegetables and cook until vegetables are tender (about 5-10 minutes). Serve with quinoa.

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