



# *One Pan Chicken, Kale & Courgetti*

A RECIPE BY LANCHANA GREEN

## *Ingredients*

- 1 chicken breast, sliced
- Handful of kale
- 4-5 sun-dried tomatoes
- Courgetti
- Seasoning of choice, I used Cajun.

## *Directions*

- Pan fry seasoned chicken until cooked.
- Add in tomatoes and kale.
- When kale has wilted slightly add in the courgetti.

Ready in minutes, super light, high protein, low calorie meal for one.

PROTEIN: 36G FATS: 5G CARBS: 13G CALS: 219 PER SERVING