

# MEDITERRANEAN CHICKEN

*Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 1/6 of recipe, 6 servings*

## **Nutrition (per serving)**

Calories: 216

Total Carbohydrate: 24

Total Fat: 8.45 g

Dietary Fiber: 6.5 g

Protein: 10.8 g



## **Ingredients**

1 Tbsp extra virgin olive oil

2 large white button mushrooms, sliced

Half each of a red and a green bell pepper, sliced

1 Roma tomato, diced

1/2 cup red onion, sliced

1/4 cup vegetable stock (could also use chicken broth)

5-6 stalks asparagus

1 tsp oregano

1 tsp rosemary  
1 tsp basil  
1 Tbsp fresh garlic, minced  
8 oz skinless precooked chicken breasts, sliced  
10 black olives, pitted  
1 can (15 oz) white Italian cannellini beans  
black pepper, to taste  
1/2 fresh lime

### **Directions**

1. Heat oil in a large skillet over medium heat. Add the mushrooms, bell peppers, onions and asparagus. Saute for 3 minutes.
2. Add the cooked chicken and garlic.
3. Lower heat; add vegetable stock, oregano, rosemary, garlic and basal. Add tomato, beans and olives. Simmer for about 5 minutes.
4. Cook over low heat until chicken is hot. Season with pepper and a squeeze of lime juice.