

Seared Chicken and Broccoli

Unit: Large Skillet, Electric Skillet

2 - 4 Boneless Chicken Breasts

Several spears of fresh broccoli or asparagus (optional)

Flatten the thick end of the chicken with a spoon or mallet in a plastic baggie. (The chicken cooks more evenly this way) Preheat the skillet on medium high heat until water beads up like mercury when sprinkled into the pan. (375 on the electric skillet) Cook the chicken for 6 minutes and then turn the pieces over. Reduce to medium low heat (250 on the electric).

Add 1/2 cup of water to the unit and seal the lid. Cook for 15 minutes adding broccoli or asparagus during the last 3 to 5 minutes depending on how done you would like the vegetables. Remove the chicken and let it rest on a plate for 5 minutes before cutting it.



HEALTH QUEST