

## Skillet chicken with tomatoes

Serves 4



### Ingredients:

- 500 g skinless boneless chicken breasts cut in bite-size pieces
- 1 small onion, thinly sliced
- 1 carrot, sliced
- 1 celery stalk, sliced
- 2 tsp dried oregano
- ½ tsp dried parsley
- 1 can (170 g) stew tomatoes
- 1 cup water
- 2 cups sliced potatoes

**Procedure:**

- Grease a skillet with olive oil.
- Sauté the chicken until browned.
- Add the remaining ingredients in the skillet and simmer over medium heat until potatoes are tender.

**Per serving:**

- Calories: 306
- Protein: 31 gm
- Carbohydrates: 37 gm
- Fat: 3 gm

This is a flavorful and easy top-of-the-stove dish. Serve with a tossed salad and you have a complete meal.