

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION
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Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Comprehensive Blood Analysis

Chicken & Broccoli Lunch Bowl in 10 Minutes (Can be frozen for later use)

SERVES 4

- 1 bag of frozen broccoli (Steam in the bag veggies work well)
- ...1 bag of frozen cauliflower (Steam in the bag veggies work well)
- 1 1/2 teaspoons dried Italian herb seasoning, divided
- 1 teaspoon onion powder, divided
- 1 teaspoon garlic powder, divided
- 1/2 teaspoon of ideal salt, divided
- 1/4 teaspoon black pepper, divided
- 2 tablespoons olive oil

1 lb boneless, skinless chicken breast, thinly sliced

Heat the broccoli in the microwave according to the package directions (this takes 5 to 8 minutes).

Heat the cauliflower in the microwave according to package directions. In a medium bowl mash cauliflower with 3/4 teaspoon Italian herb seasoning, 1/2 teaspoon onion powder, 1/2 teaspoon garlic powder, 1/4 teaspoon salt, and 1/8 teaspoon black pepper.

Heat the oil in a large (preferably nonstick) skillet over medium heat. As the skillet heats up, season the chicken with the remaining 3/4 teaspoon Italian herb seasoning, 1/2 teaspoon onion powder, 1/2 teaspoon garlic powder, 1/4 teaspoon salt, and 1/8 teaspoon black pepper. Spread the chicken out evenly in the hot pan and cook until done, about 4 to 6 minutes, flipping once. (To check for doneness, cut a piece in half and make sure there is no pink.)

Get out 4 bowls; spread the mashed cauliflower on the bottom of each bowl, then add the broccoli and top with the chicken. Serve hot OR cool to room temperature and refrigerate to enjoy as lunches throughout the week (they reheat well in the microwave).

