

# Skillet Chicken



## Ingredients

For 1-2 servings

- 2 Large Chicken Breasts or Thighs
- 2 Tbsp Extra-Virgin Olive Oil
- 2 Tbsp Unsalted Butter (Optional)
- 1 tsp Italian Seasoning
- 1 tsp Dried Parsley
- 1 tsp Sweet Paprika
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Ground Black Pepper
- 1 tsp Pink Himalayan Salt

## Directions

1. Heat up olive oil and butter in a skillet on medium heat.
2. Add all seasonings to both sides of chicken then add to pan
3. Rotate and flip (Cut in the middle to make sure fully cooked)

If pairing this meal with bell peppers you can add and cook peppers in with the chicken in the same pan!

