

## Italian Chicken and Vegetable Stir-Fry

- 1 1/2 pounds boneless-skinless chicken breast
- 3 small-medium summer squash
- 3 small-medium zucchini
- 1 medium red or green bell pepper
- 1 large clove garlic, sliced
- 1 medium-large onion, sliced
- 2 medium tomatoes
- 2 tablespoon garlic and herb seasoning blend
- 2 tablespoons olive oil
- 1 stick butter (4 oz)
- 1/2 cup white wine
- 1/4 cup water
- 1 teaspoon chicken base or 1 cube bouillon

Preheat a very large saute pan or dutch oven over medium-high heat. While the pan is heating, cut the chicken into strips. Pour one tablespoon of oil over the chicken and mix to distribute the oil. Sprinkle 1 tablespoon of the garlic and herb seasoning over the chicken and mix to evenly distribute the seasoning.

When pan is hot, brown the chicken in batches, cooking completely and removing the chicken to a serving dish as it's browned.

While the chicken is browning, chop the summer squash and zucchini into large cubes small enough to be eaten without being cut. Slice the garlic. Cut the stem and root ends off of the onion and cut into quarters, then cut the quarters into 2-3 wedges each. Slice the bell pepper into strips. Slice the tomatoes in half, through the belly, squeeze the seeds out into the trash, and roughly chop.

Add the onion and garlic to the pan with the water, wine and bouillon. Stir, scraping-up all of the browned bits from the bottom of the pan and cook the onions about half way through.

Add the rest of the veggies to the pan, turn the heat to medium-low, cover and cook for 5 minutes. Give everything a good stir, put the chicken on top of the vegetables and cover again for 5 more minutes. Add the butter and the remaining 1 tablespoon of garlic and herb seasoning and stir to melt the butter and coat the chicken and Summer vegetables.

The veggies should still have a little crisp left in them; turn off the heat and serve or continue to cook if you like your vegetables softer. Taste to adjust seasoning.

If you would like the sauce thicker, remove the chicken and vegetables to the serving dish with a slotted spoon and simmer the sauce to the desired thickness and pour over the chicken and vegetables.