

# Chicken Breasts with Veggies

Unit: Large Skillet, Electric Skillet

**2 - 4 Boneless Chicken Breasts**

**Several spears of fresh broccoli or asparagus (optional)**

Preheat the skillet on medium high heat until water beads up like mercury when sprinkled into the pan. (450 on the electric skillet) Cook the chicken for 6 minutes and then turn the pieces over. Reduce to medium low heat (300 on the electric).

Add 1/4 cup of water to the unit and seal the lid. Cook for 6-10 more minutes or until done and serve. The chicken done when the juices are clear if cut with a knife.

**\*\*Also if you want to cook vegetables with the chicken then insert the vegetables into the skillet with the lid sealed for the final 3-5 minutes or until done to your liking.**