

RECIPE

Fast n' Easy Mushroom Chicken



Ready in **10-15 minutes**

Serves **1 person**

457 calories

58g. Protein

7g. Carbs

22g. Fat

♥Fitbrit

Ingredients

- 6 oz. Chicken Breast
- ½ c. Mushrooms
- 4 Brussels Sprouts
- 1 oz. Feta Cheese
- 1 Tbsp. Butter

Preparation

1. **Trim fat off chicken breast, slice in half. Season with Stubbs Beef Spice Rub. Cook in skillet for 6 min. On each side.**
2. Wash veggies, slice mushrooms in quarters, place in pan with chicken add 1 Tbsp. butter and cover while chicken is cooking.
3. **Once chicken is fully cooked place on a plate and add veggies. Top with feta cheese.**
4. **Enjoy!**

Tips

Mushrooms are packed with nutritional value. They are low in calories, and are a great source of fiber and protein. They also provide important nutrients like B vitamins, selenium, potassium, copper, and vitamin D. They add nice volume to your meals so add a big handful! Again, brussels sprouts are low in calories but high in nutrients, especially fiber, vitamin C, and vitamin K. They taste great with just butter and S&P or in this meal with Stubbs Beef Rub. Lastly, don't over cook your chicken, you want it to stay nice and juicy!