

# basil pesto chicken and veggies

**Makes 4 servings**

RECIPE ADAPTED FROM: [Sum of Yum](#)

PREP TIME: 5 minutes

COOK TIME: 25 minutes

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1 ½ lbs boneless, skinless chicken breasts,  
cut into bite-sized pieces

10 oz fresh broccoli, cut into bite-sized florets

10 oz fresh cauliflower, cut into bite-sized florets

2 oz sun-dried tomatoes, chopped

½ cup pesto

3 Tbsp olive oil, divided

1 tsp Italian seasoning

sea salt and pepper, to taste

SEASON chicken with salt, pepper and Italian seasoning.

HEAT heat 2 tablespoons of olive oil in a large sauté pan over medium-high heat.

COOK chicken until fully cooked, about 6 – 8 minutes, but times may vary. Once the chicken is fully cooked, transfer to a plate and tent with foil to keep warm.

USING the same pan, add 1 tablespoon of oil, broccoli and cauliflower. Stir the veggies, then cover with a lid. Reduce the heat to medium-low and cook for 10 – 15 minutes, or until the vegetables are tender.

REMOVE the lid and add the cooked chicken back to the pan. Stir in the pesto and sun-dried tomatoes. Stir to combine for about 2 minutes or until heated through.

