



Something Quick: Chicken Cutlet with Veggies

Serves 2

Just home from work, I needed something quick and good for dinner, but hadn't planned anything! Looking in the fridge I found one boneless, skinless chicken breast, a half package of broccoli cole slaw mix and some sugar snap peas that had seen better days. I also had a couple pieces of cooked bacon and some Monterey Jack Cheese. This will work! Cutting the chicken breast sideways so there were two pieces, each half of equal thickness, made two chicken cutlets! These cook super quickly while you stir-fry the vegetables, and dinner is ready in no time! Almost any vegetables will work here, and the cooked veggies make a great base for the chicken. The whole thing can be ready in 12 to 15 minutes!

- 1 boneless, skinless chicken breast
- ½ package cole slaw mix
- 1 handful sugar snap peas, ends and strings removed
- 2 pieces bacon, cooked
- 4 thin slices Monterey Jack cheese
- 1 Tbs. toasted sesame oil
- 2 Tbs. olive oil, divided
- Salt and pepper

Using a sharp knife, cut the chicken breast in half, making two pieces the same size, but half as thick. Heat 1 tablespoon of the olive oil in a non-stick pan and add the cutlets. Salt and pepper the chicken. Brown on each side for 2 to 3 minutes; continue cooking until meat is cooked, 1 to 2 more minutes. Place slices of cheese on top of each.



Meanwhile, in another non-stick skillet, heat sesame oil and remaining tablespoon of olive oil and add the veggies. While chicken is cooking, occasionally stir veggies, adding salt to taste, until crisp tender.

Divide vegetables between plates; top with chicken cutlets. Finish it off with a slice of bacon and serve.