



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Coconut Skillet Chicken

Serves 4

Ingredients:

- 4 skinless boneless chicken breasts (about 1 1/2 pounds)
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 tablespoon coconut oil
- 1/2 cup red onion
- 1 cup vegetable stock
- 2 tablespoons lime juice
- 1 tablespoon chopped fresh cilantro
- 1/2 teaspoon red chili flakes (adjust to taste preference)
- 1/2 cup coconut milk
- 1 tablespoon corn starch mixed into 1 tablespoon water
- 2 cups cooked brown rice

Directions:

1. Season each side of the chicken with salt and pepper.
2. In a large skillet, melt the coconut oil over a medium high heat. Add the chicken breasts and cook each side for 5-7 minutes or until browned on each side.
3. In the same skillet, add the chopped onion and sauté for a few minutes to soften. Add the vegetable stock, lime juice, cilantro and chili flakes. Bring the mixture to a boil and then reduce to a simmer, continue to simmer for 5 – 10 minutes to let the sauce reduce down.
4. Stir in the coconut milk and bring to simmer again for another 5 minutes.
Add the prepared corn starch and bring to a boil to thicken the sauce.
5. Add the chicken back to the skillet and let the chicken continue to cook until it is cooked through (about 5 – 10 minutes).
6. Serve over the brown rice.