

PAN-SEARED CHICKEN

INGREDIENTS

- 2 tbsp. olive oil
- 1 lb chicken tenders
- 1 garlic clove - peeled and sliced
- Salt



PREPARATION

1. Heat up the oil in a large skillet over medium heat.
2. Add the chicken tenders and top with the sliced garlic. Sprinkle with salt.
3. Cover and cook for 4 about minutes.
4. Remove cover and flip over. Cook for an additional 3-4 minutes uncovered.
Cook until a meat thermometer registers 165°F.
5. Serve with your favorite veggies and enjoy!

