

## Ryno's Favorite Ten-Minute Dinner

- 1 lb. chicken tenders, fresh
- 8-12oz of vegetables (Your choice, see below)
- 1/2 Med Onion
- 1 tbsp of grape seed or olive oil
- Sea Salt

For a vegetable of choice: This can be the pre-packaged, pre-cut 8 oz pkg of vegetable of your choice. We like Henry's pre-cut and packaged vegetables for ease of a meal, but usually prefer to cut and use our own vegetables we have at home. You can use anything, be it squash, broccoli, sweet potatoes, regular potatoes (careful not to eat too many times a week, as these are starchy!), asparagus, onions, garlic, etc. Experiment and see what comes out best! Rule of thumb is to use whatever vegetable you enjoy, add the meat, onion, oil and salt to the pan and WA' la! Instantly, something that tastes good and is good for you!

You will want to cook this on low/med for about 20-30 minutes with the lid on, but prep takes a maximum of ten minutes! Less if you buy pre-cut veggies!

Make sure your chicken has thoroughly cooked and is no longer pink in the middle, once it is done, serve and enjoy! Your vegetables should be tender/slightly crisp, depending upon what you used.