

## Italian Zest Chicken

Preparation time: 4 minutes

Cooking time: 3 ½ minutes

Serves 2

- Ingredients:
  - 1 boneless, skinless chicken breast - cubed (6 – 8 oz. each)
  - 1/4 cup sliced onions
  - 1/8 tsp. garlic powder
  - 1/8 tsp. paprika
  - 1 tsp. water
  - ¼ tsp. dried Italian Seasoning Blend
  - Salt and pepper to taste
- Directions
  - Combine all ingredients in a medium Steamfast Bag and seal the bag
  - Shake gently to distribute ingredients and place bag in microwave
  - Cook on HIGH for 3 ½ minutes or until chicken is cooked through, with no trace of pink. ( If needed, add more time in 30 sec increments)
  - Allow bag to stand 1 minute before handling
  - Carefully open bag, pour out content and Enjoy!