



Episode #2 - Family Style Budget Friendly Series

Garlic Chicken w/Potato Wedges, and Steamed Broccoli

4 Servings

Ingredients:

Meats:

- 4 Chicken Breasts (approx. 1 lb)

Starches:

- 4 Russet Potatoes

Vegetables:

- 1.5 Lemon
- 5 Garlic Cloves
- 1 Bunch of Fresh Parsley
- 1 Head of Broccoli

Fats & Seasonings:

- 2 TBSP Olive Oil
- Salt to taste
- Pepper to taste



Instructions:

Chicken

1. Slice chicken breast into strips
2. Coat chicken in a mixing bowl with oil, lemon juice, chopped parsley, and S&P
3. Sauté sliced and marinated chicken strips in skillet with olive oil for approx. 3-4 minutes on each side (until temperature is 165 degrees F); adding chopped garlic halfway through

*IMPORTANT to not overcrowd your pan with chicken, otherwise you'll have steamed chicken instead of a nice golden brown outside

Potato Wedges

1. Rinse and scrub potatoes with cold water
2. Cut potatoes into quarter wedges
3. Boil wedges for 12-15 minutes, or until slightly fork tender
4. Drain wedges and pat dry
5. Coat wedges in olive oil and salt, then Roast at 500 for 25-30 minutes or until crispy outside
6. Toss roasted wedges with chopped parsley

Broccoli

1. Rinse broccoli in cold water
2. Cut broccoli into bite sized pieces
3. Steam for 3-5 minutes in a pot with 1/2 inch of water, covering with a lid if possible (broccoli should be a vibrant green color when done)
4. Strain out broccoli from the water
5. Toss in salt and minced garlic, then squeeze lemon