

# Keto Mediterranean Chicken Skillet

Hands-on 20 minutes Overall 25 minutes

**Nutritional values (per serving):** Total carbs: 14.5 g, Fiber: 5.9 g, **Net carbs: 8.7 g**,

Protein: 43.1 g, Fat: 27.5 g, Calories: 474 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 1 1/2 lbs chicken breasts, cut into 1-inch (2 cm) pieces
- 1 1/2 tbsp Greek seasoning (*see note*)
- 1 tsp sea salt *or* [pink Himalayan salt](#), or to taste
- 4 garlic cloves, minced
- 1/2 cup diced yellow onion (80 g/ 2.8 oz)
- 1 cup cherry tomatoes (150 g/ 5.3 oz)
- 14 oz can artichoke hearts (240 g/ 8.5 oz after draining)
- 1/2 lemon, juiced (about 2 tbsp)
- 1/2 lemon, sliced
- 1/3 cup kalamata olives (33 g/ 1.2 oz)
- 8 oz sliced white button mushrooms (227 g)
- large handful spinach (40 g/ 1.4 oz)
- 2 tbsp chopped basil, for topping
- 4 tbsp [extra virgin olive oil](#), for topping (60 ml)

*Note: Instead of 1 1/2 tbsp of Greek seasoning, you can make your own. Simply combine 1 tsp dried oregano, 1/2 tsp dried thyme, 1/2 tsp dried mint, 1/2 tsp dried basil, 1/4 tsp dried marjoram, 1/2 tsp onion powder and 1/4 tsp garlic powder.*

## Instructions

1. Prep all of your vegetables by juicing and slicing the lemon, slicing the mushrooms, mincing the garlic, dice the onion, etc.
2. Heat the oil in a large deep skillet over medium high heat. Add in the chicken, sprinkle with salt and Greek seasoning. Cook 5 - 7 minutes until golden and cooked through, transfer to a plate and set aside.
3. Add the onion and garlic to the pan and cook 1 minute until fragrant.
4. Add in the artichokes, mushrooms, olives, lemons (or leave them

for garnish), lemon juice, and tomatoes cook 4-5 minutes until mushrooms start to soften. Chop the basil.

5. Add the chicken back to pan and toss to combine. Add in the spinach cooking one minute longer to slightly wilt.
6. Garnish with lemon slices, top with basil and drizzle with olive oil just before serving. Serve immediately or let it cool down and store in the fridge for up to 4 days.

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