JENNI MARIE'S TEST KITCHEN

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Garlic Herb Chicken Bites

Serves 2-3 People

Equipment Needed:

- **Plastic Food Storage Container w/ Tight Fitting Lid**
- **Small Mixing Bowl**
- **Measuring Cups & Spoons**
- **Kitchen Scale**
- **Cutting Board & Sharp Knife**
- **Large Non-Stick Skillet**
- **Tongs**

Directions:

1). Gather all equipment & ingredients. Pat chicken dry, remove tendons, (if using tenderloins) and cut into 1" chunks. Place in a food storage container with tight fitting lid. Combine salt, pepper, Italian seasoning, and garlic replacer in a small bowl and give it a good stir. Sprinkle seasoning mixture over chicken and toss chicken around to coat all pieces evenly. Set aside.

- ***10-12 oz. Boneless Skinless Chicken Breast or Tenderloins (I prefer the brand Just Bare)***
- ***1/2 t. Kosher Salt***
- ***1/2 t. Black Pepper***
- ***1 t. Italian Seasoning***
- ***2 t. Low FODMAP Garlic Replacer (or 1/2 t. Garlic Powder)***

2). Preheat a large non-stick skillet over medium-high heat. Sprinkle cornstarch over the chicken, place the lid on the container, and shake vigorously to evenly coat all pieces. Heat oil in skillet until it bubbles when you drop a little cornstarch into the pan. Add chicken in an even layer and cook for about 2-3 minutes (without stirring) until golden brown. Flip each piece of chicken and cook another 2-3 minutes on other side (add a drizzle if oil if pan becomes too dry). Toss chicken around for a couple more minutes to ensure it's cooked through. Add butter and fresh parsley to skillet and toss around to coat all pieces. Sample a piece and add more salt & pepper if needed. Portion onto plates and enjoy!

- ***1/4 C. (32g.) Cornstarch***
- ***3 T. (45ml.) Extra Light Olive Oil (I use Low FODMAP Garlic Oil here for extra garlic flavor)***
- ***2 T. (28g.) Butter***
- ***1 T. Freshly Chopped Parsley***

I like to serve this dish with sautéed green beans and white rice. Stuffed hashbrowns or crispy smashed potatoes also make great side dishes.