

Skillet Chicken with Corn, Tomato & Basil

Serves 2

- 250g chicken cutlets (thin sliced breast or thigh, skinless)
- ⅛ teaspoon salt, divided
- ⅛ teaspoon ground pepper, divided
- 1 T extra-virgin olive oil, divided
- 2 ears corn, kernels cut from the cob (or 150g frozen or canned corn, drained)
- 150g canned diced tomatoes
- 1 large clove garlic, finely grated
- 60ml dry white wine (or chicken broth)
- 60g plain non-fat Greek yogurt
- 5 g chopped fresh basil
- Chopped fresh chives for garnish



1. **Season the chicken** with salt and pepper.
Heat ½ **tbsp olive oil** in a skillet over medium-high.
Sauté chicken **4–6 minutes total**, turning once, until golden and cooked through.
Remove and keep warm.
2. **Add remaining oil** to the skillet.
Stir in corn, canned tomatoes, and garlic.
Sauté for **2–3 minutes** until tomatoes break down slightly and everything is warmed through.
3. **Increase heat to high** and deglaze with **white wine** (or broth).
Scrape up browned bits and simmer **1–2 minutes** until liquid mostly evaporates.
4. **Reduce heat to medium-low**. Stir in **Greek yogurt**, chicken juices, and simmer gently **1–2 minutes** to combine.
(Tip: Add yogurt off the heat if you're worried about curdling.)
5. Return the chicken to the skillet along with **basil**, coating with the sauce. Heat through briefly.
6. **Serve** hot, garnished with fresh **chives** if desired.

One-Dish Chicken Skillet with Corn, Tomato, Basil & Grain

Serves 2 | ~400–420 g per serving

✅ Added Ingredient Options (Choose One):

Add-in	Amount (cooked)	Nutrition Boost
Genmai (brown rice)	120 g	Fiber + sustained energy
Quinoa (cooked)	120 g	More protein + minerals
Pearl barley (cooked)	120 g	Chewy texture + fiber
Whole wheat pasta (short shape)	120 g	Familiar + hearty

Toss in pre-cooked grain at the **end of Step 4**, when the yogurt is added, and let it warm through with the sauce and chicken in Step 5.

Greens to Add (Optional but Recommended):

You can toss these in during Step 2 with the corn and tomatoes:

- **A handful of baby spinach** (about 50 g)
 - **Chopped kale or komatsuna** (blanched first if tough)
 - **Chopped zucchini** (cooks quickly and blends in well)
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Updated Instructions (with Grain):

After you finish your original sauce (with the yogurt, etc.):

1. Stir in **120 g cooked whole grain**.
 2. Return chicken to skillet along with **fresh basil**, mix well.
 3. Let everything simmer together **2–3 minutes** until fully heated through.
 4. Taste and adjust salt or acidity (you can squeeze in a bit more lemon or wine vinegar if needed).
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Updated Nutrition (Per Serving w/ 120 g cooked genmai):

Nutrient	Amount
Calories	~395 kcal
Protein	31 g
Fat	11 g
— Sat. Fat	2 g
Carbs	32 g
— Sugars	6 g
Fiber	4.5 g
Sodium	~230 mg

Using quinoa instead? Bump protein to about **34 g** and reduce carbs slightly. Barley will add slightly more fiber.