

Skillet Chicken

Ingredients:

- 2 T. canola or olive oil
- 8-10 boneless skinless chicken breasts
- 1 t. dried thyme
- 1 T. garlic powder
- 1 t. onion powder
- salt and pepper, to taste
- 1 1/3 c. water
- 2 T. cornstarch
- 4 T. chopped parsley, optional but puts a really pretty finishing touch

Directions:

Heat the oil in a skillet with a tight-fitting lid over medium heat. Cook the chicken, this may need to be done in batches, until slightly browned. When all chicken is cooked transfer it to a plate to keep warm.

In a small bowl, combine the seasonings (*thyme through black pepper*). Sprinkle seasonings over chicken and keep warm. Add 1 cup of water to the skillet and whisk up all of those browned bits from the bottom of the pan; bring to a boil.

Add chicken back to the skillet, cover and simmer for 10 to 20 minutes or until chicken is cooked through. Transfer chicken back to a plate to keep warm.

Combine cornstarch and remaining water; add to pan broth and cook, stirring constantly, until thickened. At this point, you can add the chicken back to the pan or simply plate the chicken and serve with the gravy over top. Garnish with parsley, if desired.