

# Ashley's Meal Prep Monday!

## Easy Chicken and Gravy



### INGREDIENTS

2 chicken breasts cut in half lengthwise  
salt/pepper to taste  
1/2 TSP garlic powder  
1 TBSP avocado oil  
3 TBSP vegan butter, divided  
2 TBSP flour  
1 1/4 cups chicken broth  
1/4 TSP Italian seasoning  
1/4 TSP onion powder  
1 TBSP fresh parsley, chopped



**CARTWRIGHT'S**  
**MARKET**

Cut chicken in half lengthwise so you have thinner cutlets. Season with salt/pepper and garlic powder. Add oil and 1 TBSP butter to skillet over med-high heat and let it heat up.

Add chicken to the pan and cook for 4-5 minutes each side until golden. Transfer to a plate and set aside.

Reduce heat to med and add the remaining butter. Once melted, stir in flour and cook about a minute. Slowly whisk in chicken broth until flour is dissolved. Stir in Italian seasoning and onion powder.

Add chicken back to skillet, along with any juice from plate and cook another 4-5 minutes until sauce has thickened. You may need to turn heat down so it's gently bubbling. Season with salt/pepper and sprinkle parsley on top. Enjoy!

Recipe: [saltandlavender.com](http://saltandlavender.com)