



# Easy Turmeric Chicken

## Ingredients:

- 2 teaspoons extra-virgin olive oil
- 1 1/2 lbs. boneless, skinless chicken breasts, cut in about 1/2 inch cubes
- 1 1/4 teaspoons turmeric
- 3/4 teaspoon ground cumin
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper (optional)
- Juice of 1/2 lemon

## Nutrition Facts

Servings: 4

Amount per serving

**Calories** **338**

% Daily Value\*

**Total Fat** 13.9g **18%**

Saturated Fat 3.7g **18%**

**Cholesterol** 151mg **50%**

**Sodium** 585mg **25%**

**Total Carbohydrate** 0.7g **0%**

Dietary Fiber 0.2g **1%**

Total Sugars 0g

**Protein** 49.4g

Vitamin D 0mcg **0%**

Calcium 31mg **2%**

Iron 3mg **15%**

Potassium 441mg **9%**

## Directions:

1. Heat a large skillet over medium heat and add olive oil.
2. Season chicken pieces with turmeric, cumin, salt, pepper and cayenne, if using.
3. Add chicken to the pan and cook until cooked through, 8-10 minutes, stir occasionally.
4. Squeeze lemon juice over cooked chicken, serve warm and enjoy!

Enjoy the health benefits of this meal! One of the key active compounds in turmeric is curcumin, which acts as an antioxidant and anti-inflammatory component.



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