

## Steamed Chicken and Vegetables



**Ingredients:** 3 whole organic free range chicken breasts, boned and skinned  
4 medium organic carrots, cut into 1 in. slices  
3 medium organic zucchini cut into 1 in. slices  
1 large organic red bell pepper cut into 1 in. slices  
2 tsp. dried tarragon leaves crushed  
2 tsp. sea salt

**Directions:** Combine 1 tsp. of the tarragon and 1 tsp. of the salt and sprinkle it over cleaned and dried chicken. Pour 1 cup of water in a 12 in. skillet, place a 10 in. rack in the skillet and put chicken on the rack. Bring water to a boil, turn down heat and steam chicken for 20-25 min. Layer carrots on top of chicken and steam for another 8 min. Layer the bell pepper and zucchini on next, sprinkle the other tsp. of tarragon and salt over the top and steam for another 5 min. Serve this colorful dish right away so as not to over cook the vegetables. Lightly steamed vegetables provide the body with vitamins, minerals and enzymes. The carrots and red bell pepper also deliver beta carotene to fight free radicals. Organic chicken provides a healthy protein and the tarragon promotes bile production to aid digestion. Tarragon also calms nerves and aids with sleep. This is a good meal to have for dinner.