***Chicken with Sun-Dried Tomatoes, Broccoli and Spinach***

Serves 6

2 pounds fresh or frozen boneless, skinless chicken breasts

3 tablespoons Extra Virgin Olive Oil (I use California Olive Ranch)

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3 large cloves garlic, peeled, crushed and sliced

3 ounces sun-dried tomatoes (I use [Bella Sun Luci California julienne-cut](https://www.amazon.com/Bella-Sun-Luci-Dried-Tomatoes/dp/B004ZEN590))

2½ cups Pacific Organic Chicken Broth

30 - 36 ounces (36 is good) frozen broccoli florets, preferably organic

30 - 36 ounces (32 is good) frozen chopped spinach, preferably organic

4 tablespoons fresh lemon juice (about one lemon)

¼ teaspoon salt or to taste\*

¾ teaspoon black pepper

Slice the chicken breast in about ¾ -inch strips.  For frozen chicken breast, half-defrost the chicken breast in the microwave, slice it, then return it to the microwave to finish defrosting.  Add the olive oil and chicken to a large pot.  Saute the chicken, stirring frequently, about 15 minutes, or until cooked through.  Rinse the sun-dried tomatoes.  Add all ingredients to the pot.  Bring to a boil, cover and simmer, stirring occasionally, for 30 minutes.  Add a little water only if needed to prevent burning.

\*If using a different brand of sun-dried tomatoes or chicken broth, saltiness varies a lot.  Taste at the end of cooking before adding the ¼ teaspoon salt.