Chicken and Vegetables with Coconut Water

2 boneless, skinless chicken breasts

1/2 teaspoon salt

1/8 teaspoon paprika

1 1/2 Tablespoons coconut oil

1/3 cup coconut water

1 shallot, thinly sliced

1 Tablespoon garlic

8 ounces sugar snap peas

1 bell pepper, cut into strips

​black pepper

Pat chicken dry with paper towels.

Sprinkle with salt and paprika.

Melt 1 T. coconut oil in skillet.

Add chicken and cook to 160 degrees.

Transfer chicken to a plate to rest. Do not wipe out skillet.

Add 1/4 c. coconut water to skillet.

Reduce to 2 1/2 Tablespoons.

Pour sauce over chicken.

Add 1 1/2 t. coconut oil, shallot and garlic to skillet.

Cook 30 seconds.

Add peas and bell pepper.

Season with salt and pepper. Cook 1 minute.

Add remaining coconut water and cook until vegetables are tender.

Slice chicken and serve with vegetables.