

One-Skillet Chicken with Green Beans and Tomatoes

Ingredients:

1 pound boneless, skinless chicken breast cut into chunks
½ teaspoon salt
½ teaspoon pepper
1 teaspoon Creole seasoning
2 tablespoons olive oil
1 pound fresh green beans
2 cloves minced garlic OR 3 teaspoons garlic powder
1 pint cherry tomatoes, cut in half
¼ cup reduced-sodium chicken broth
1 lemon, juice and zest
1 sprig fresh thyme OR ½ teaspoon dried thyme
1 tablespoon balsamic vinegar
Grated parmesan cheese (optional)

Instructions:

1. Season chicken with salt, pepper, and Creole seasoning.
2. Snap or cut off the stem ends of the green beans. Then cut them in half.
3. Heat olive oil in a large skillet over medium-high heat.
4. Add chicken to skillet and brown on each side, about 2 minutes.
5. Add garlic, green beans, and tomatoes. Sauté for 2 minutes.
6. Add chicken broth, lemon zest and juice, thyme and balsamic vinegar.
7. Cover and cook 5 minutes, or until chicken is cooked to 165 degrees Fahrenheit.
8. Top with parmesan cheese, if desired.

Source: LSU AgCenter

Serves: 4

Prep Time: 5 minutes

Cook Time: 10- 15 minutes

Nutrition Facts	
4 servings per container	
Serving size	about 1 1/2 cups
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 540mg	23%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 2mg	10%
Potassium 865mg	20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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