



Lemon Garlic Chicken with Green Beans



4 servings



10 mins prep | 30 mins total time

Per serving:

380 calories

15 g carbs

5 g fiber

18.3 g fat

40 g protein

Ingredients

- 4 chicken breasts, thinly sliced or pounded thin
- 6 garlic cloves, minced
- 2 lemons, zested and juiced
- 4 cups green beans, trimmed and halved
- 4 Tbs olive oil
- salt and pepper, to taste

Directions

Prep

1. Season the chicken breasts by rubbing with salt, pepper, 1 teaspoon of minced garlic, and 1 tablespoon of lemon zest.

Make

1. Heat 2 tablespoons olive oil in a large sauté pan and cook the chicken over medium heat for 10-12 minutes on both sides until golden and cooked through to an internal temperature of 165°F.
2. Remove the chicken and add the remaining olive oil to the pan. Sauté the rest of the garlic for a minute, then add green beans with 1/2 cup of water. Simmer until tender. Squeeze a lemon over the beans in the last minute of cooking.
3. Serve the chicken with green beans and lemon wedges.



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