



LEMON GARLIC CHICKEN & GREEN BEANS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Boneless, skinless chicken breast	5 Oz.	Juice	½ Lemon
Fresh Green Beans, trimmed	2 Cups	Italian Seasoning	1 Tsp.
Mushrooms, sliced	½ Cup	Chopped Fresh Parsley	1 Tbsp.
Olive Oil	1 Tsp.	Salt and Pepper	
Cloves Garlic, minced	2		
SERVING SIZE	1		

PREPARATION

- Season the chicken breast with Italian seasoning, salt, and pepper.
- Heat olive oil in a large skillet over medium heat.
- Cook the chicken for 5-6 minutes per side, or until the internal temperature reaches 165°F. Remove from the skillet and let rest.
- In the same skillet, add the mushrooms and cook for 3 minutes.
- Add the green beans and garlic and cook for another 4-5 minutes, stirring occasionally.
- Stir in the lemon juice and parsley.
- Slice the chicken and serve over the vegetables.