

Chicken and Green Beans

Ingredients:

1. 1 tablespoon +1 teaspoon vegetable oil divided use
2. 2 1/2 cups green beans trimmed and cut into 1 inch pieces
3. 1 pound boneless skinless chicken breasts cut into 1 inch pieces
4. 2 teaspoons minced garlic
5. 1/4 cup low sodium chicken broth or water

Steps:

1. Heat 1 teaspoon of oil in a large pan over medium heat.
2. Add the green beans and cook for approximately 3-4 minutes or until beans are tender.
3. Remove the green beans from the pan; place them on a plate and cover.
4. Wipe the pan clean with a paper towel and turn the heat to high.