



Healthy Dad Recipes

LEMON GARLIC GREEN BEANS WITH PAN ROASTED CHICKEN

Quick and simple 'one pot meal'

Yield: 4 servings

Ingredients:

6 tbsp	olive oil
2	lemons. Slice 1 thinly; juice the other.
4	cloves garlic minced
1 tsp	salt
½ tsp	black pepper
¾ pound	trimmed green beans
8	small red potatoes quartered
4	chicken breasts (bone in with skin)



- Preheat oven to 450°F
- Coat a large oven proof dish with 1 tbsp of olive oil.
- Place a single layer of lemon slices on bottom of dish.
- Combine remaining olive oil, lemon juice, garlic, salt and pepper in a large bowl.
- Add green beans and toss to coat.
Using a slotted spoon, fork or tongs, place green beans on top of lemon slices.
- Add chopped potatoes to oil mixture.
Toss and place on outside edge of dish with beans and lemons.
- Add chicken to oil mixture and coat thoroughly. Place chicken skin side up in dish.
Pour remaining olive oil mixture over the chicken.
- Cook in oven for 50 minutes. When cooked, remove chicken from dish and keep warm.
- Place the beans and potatoes back in the oven for about 10 minutes more or until the potatoes are tender.
- Serve warm.

Nutritional Facts:

1 serving: 687 calories, 37 g fat (8 g saturated), 181 mg cholesterol, 735 mg sodium, 20 g carbohydrate, 4 g fiber, 6.7 g protein