

Balsamic Chicken & Green Beans

Ingredients:

- 1 lb of fresh green beans, trimmed and rinsed
- 2 tsp extra virgin olive oil, divided
- 1 6 oz button mushrooms, sliced
- 4 cloves garlic, thinly sliced
- 1 lemon, zested and juiced
- 1 yellow onion, cut into 1/4 inch thick rings
- 1 lb boneless, skinless chicken breast, sliced 1/2 inch thick
- 2 tbsp balsamic vinegar
- 2 tsp dried thyme
- 1/2 tsp sea salt

Directions:

1. Prep all of your veggies and meat so they are ready to go.
2. Fill a pot halfway up with water and bring the water to boil. Add the green beans, reduce heat and steam until they are crisp (approximately 5 minutes). Set aside.
3. In a large non-stick skillet, heat 1 tsp of olive oil on medium heat. Add mushrooms to saute for approximately 10 minutes, stir occasionally. When the mushrooms are almost done stir in the lemon zest, lemon juice and garlic and saute for three minutes. Remove the mushrooms from the heat and transfer to a large bowl. Combine the green beans and the mushrooms in the bowl and toss well. Cover the bowl to keep the veggies warm.
4. In a large non-stick skillet, heat the remaining teaspoon of olive oil on medium heat. Add the onion rings and saute for approximately 5 minutes. Add chicken, thyme, vinegar and salt, and cook, stirring often, for 8 minutes or until the thickest part of chicken is cooked through. Remove from heat, serve with green beans and any remaining juice from the skillet can be poured over your chicken and/or veggies.