

Pesto Chicken and Green Beans



SERVINGS: 3-4

PREPPING TIME: 10 MIN COOKING TIME: 15 MIN

INGREDIENTS

- 4 tbsp pre-made pesto sauce made with olive oil
- 3, 5oz boneless, skinless chicken breasts
- 8 oz green beans, trimmed
- 1 tbsp olive oil

DIRECTIONS

1. Warm large skillet on the stove over medium heat.
2. Coat chicken breast with pesto sauce.
3. Add chicken to the skillet and cook for 8 minutes on one side.
4. Flip the chicken and add green beans and remaining olive oil.
5. Cook until chicken is cooked through (internal temperature of 165 degrees Fahrenheit).

NUTRITION INFO

Calories: 305, Carbohydrate: 7, Protein: 38, Fat: 13