



Three Bean Salad Lemon Roasted Chicken

Portion Size: 6oz	Services: 1-2 people
<p>Ingredients</p> <p>6oz chicken breast (skin off) 2 cloves garlic (minced) 1 tsp salt ½ tsp pepper ¼ tsp cayenne 2 tbsp olive oil</p> <p>1 each lemon (zest + cut in half) ½ cup sweet onions (sliced)</p> <p>1 cup green beans, fresh (cut in half) 2 cups water 1 tsp salt</p> <p>1 cup kidney beans, can (strained+rinsed) 1 cup chickpeas, can, also known as garbanzo beans (strained+rinsed)</p> <p>2 tbsp parsley (chopped) ½ cup onion (sliced) 2 cloves garlic (minced) 2 tbsp white vinegar 2 tbsp balsamic vinegar ¼ cup olive oil ½ tsp salt 1 tbsp honey Black pepper to taste</p>	<p><u>Step 1</u> Roasting the Chicken</p> <ul style="list-style-type: none"> ❑ Preheat your oven to 425 <p>Marinade</p> <ul style="list-style-type: none"> ❑ Using a small bowl add lemon zest, garlic, salt, pepper, cayenne, and olive oil. Mix well ❑ Add your chicken to the bowl and allow it to marinate for 15-30 minutes <p><u>Step 2</u></p> <ul style="list-style-type: none"> ❑ Using a medium baking tray, place half of the sliced lemons down ❑ Next place half of the sliced onions down ❑ Place your chicken on a baking tray on top of the onions ❑ Layer the rest of your lemons on top of your chicken and finish with the onions <p><u>Step 3</u></p> <ul style="list-style-type: none"> ❑ Put your baking tray in the oven and now turn the temperature down to 375 ❑ Allow the chicken to roast for about 35-45 minutes or until it's reached an internal temperature of 165 ❑ Remove from the oven and allow the chicken to rest for about 10 minutes before slicing.



	<p>Phase 3 Bean Salad</p> <ul style="list-style-type: none"><input type="checkbox"/> Using a medium pot, bring water and salt to a boil<input type="checkbox"/> Add your green beans and allow to cook for about 5 minutes<input type="checkbox"/> Remove from stove and strain off the hot water<input type="checkbox"/> Use a bowl of ice water to cool down green beans, this will take about 5 minutes<input type="checkbox"/> Using a medium-size bowl add white, vinegar, balsamic, olive oil, salt, and honey. Whisk well<input type="checkbox"/> Add onions, all three beans, and parsley<input type="checkbox"/> Adjust seasoning with salt and pepper<input type="checkbox"/> Serve
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