

## Sheet Pan Almond Crusted Chicken and Green Beans

- 4 boneless skinless chicken breasts (about 6 oz each)
- 2 eggs, beaten
- ¾ cup almonds
- 4 sprigs of fresh rosemary, stems removed
- 2 pounds green beans, trimmed
- 3 spring onions, sliced
- 2 garlic cloves minced
- 3 tablespoons olive oil
- ½ lemon, juiced
- Himalayan sea salt, black pepper to taste



1. Preheat oven to 400°F.
2. In a food processor place the almonds and rosemary and pulse until almonds resemble coarse crumbs.
3. Season the chicken with salt and black pepper. Dip each chicken piece in eggs then dredge in the almond-rosemary mixture, lightly pressing to coat evenly.
4. Place the chicken onto a lightly greased baking tray. Brush the chicken with 1 tablespoon of olive oil. Bake in preheated oven for 15 minutes.
5. In a large bowl place the green beans, spring onions, garlic and remaining olive. Season with salt and toss to combine.
6. Remove the baking tray from the oven. Arrange the green beans around the chicken in a single layer. Broil on medium high heat for 10 minutes.
7. Drizzle the green beans with lemon juice and serve.

Makes 8 servings.

Serving size is 3 ounces of chicken & 1 cup cooked green beans

Enjoy with 1 serving of on plan fruit to complete the meal.

