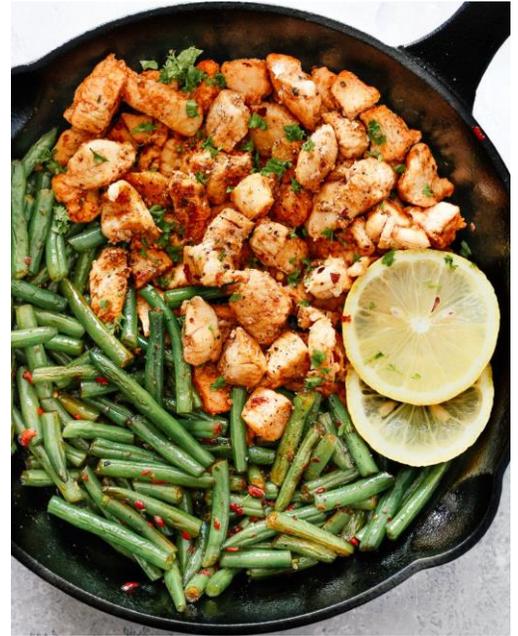


Spicy Green Beans Chicken Skillet

- 1 lb. boneless chicken breasts
- Himalayan sea salt and ground fresh black pepper
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 tablespoon lemon juice
- 1 +1 teaspoon extra virgin olive oil
- 3 garlic cloves — minced
- ½ teaspoon red hot chili pepper — chopped
(for less heat remove the seed of the chili pepper)
- 2-3 cups green beans — trimmed and cut in small pieces
- 2 tablespoons chicken broth or water — if necessary



Directions

1. On a plastic board, cut the chicken into small pieces and season with salt and pepper, paprika, onion powder and lemon juice. Mix everything well.
2. In a skillet over medium heat, add 1 teaspoon of olive oil and after a minute add the chicken.
3. Sauté the chicken for about 7-10 minutes or until it is cooked through. Don't forget to stir well. Set chicken aside.
4. In the same skillet, add another teaspoon of olive oil, garlic and red hot chilli pepper. Sauté for 30 seconds and be careful to not burn the garlic.
5. Add green beans and sauté for 3 minutes. Stir occasionally.
6. Add chicken broth and close the skillet and cook for about 3-5 minutes or so. The time will depend on how crispy you prefer your green beans to be.
7. Bring chicken back to the skillet, give a nice stir and serve immediately.

Makes approximately 3 servings