



# Lemon Garlic Chicken Thighs

## Ingredients

- 3-6 skinless, boneless chicken thighs
- 2 cups green beans, ends trimmed
- 2 TBSP olive oil
- 1 tsp paprika
- 4 cloves of garlic, minced
- 1 tsp onion powder
- 1/2 lemon, juiced
- 1/2 cup low-sodium chicken broth
- Salt and pepper, to taste

## Directions:

1. In a small bowl, combine onion powder, garlic powder, paprika, salt and pepper
2. Pat chicken thighs dry with paper towel; Rub with seasoning mixture
3. Heat olive oil in a skillet over medium-low heat; Place chicken thighs in and cook about 5 minutes; Flip and cook another 5 minutes until cooked through; Transfer to a plate and set aside
4. Add lemon juice and chicken stock to same skillet; Add green beans and cook for 10 minutes, stirring, until cooked to your preferred texture
5. Add chicken back into pan to coat with sauce; Reheat; Serve and enjoy!

## Equipment

Skillet, small bowl, spatula

Cost: \$ \$

Ease:

**Health Benefit:** Chicken thighs are a great source of protein for energy and fullness. Green beans contain folate and potassium to promote healthy blood pressure. Lemon contains vitamin C for immunity.

Fare  Meals  
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