



*Partnering for a healthy community*



# Tomato Chicken with Basil Garlic Sauce over Green beans

## Ingredients:

4 oz boneless skinless chicken breast  
7 oz unsalted crushed tomatoes  
½ cup fresh basil leaves sliced into strips  
3 cloves garlic minced  
1 tablespoon salted butter divided  
½ tablespoon olive oil  
pinch cayenne  
½ cup green beans  
Total: Calories 335 Total Fat 17g Total Carb 7.7g Protein 28.5g

## Equipment:

1 medium non-stick pan and 1 small non-stick pan, cutting board, Chopping knife, paper towel, rubber spatula or wooden spoon, 1 small strainer

## Instructions:

Take boneless chicken and pat dry with a paper towel.  
Season both sides of all pieces with salt and pepper.  
In a wide nonstick pan, add olive oil and 1/2 tablespoon of butter over medium to medium-high heat, stirring until the butter is melted and the pan is hot.  
Add chicken breast cook until each side is brown, about 4 minutes per side.  
When the chicken is cooked through, transfer to a plate.  
Cool the pan by reducing to medium-low heat.  
Add minced garlic, cooking until golden brown and aromatic, about a minute.  
Add crushed tomatoes, basil and cayenne, stirring together and scraping up any bits that have stuck to the pan.  
Increase heat to bring to a simmer.  
Stir in the remaining 1/2 tablespoon of butter until melted. Add salt and pepper to taste.  
Simmer for about 5 minutes to thicken the sauce a bit, stirring occasionally.  
Add chicken back into the sauce and simmer an additional minute.  
While your sauce is simmering blanch green beans for 4 minutes. Strain and add back in the pan to brown.  
Once your green beans start to blister, pour on plate and top with sauce and chicken.