

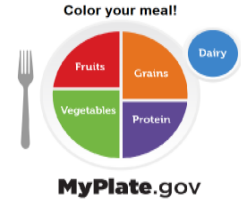


# SESAME CHICKEN AND GREEN BEANS

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@Gleanersfan



## Ingredients:

**1 lb chicken breast**

**1 cup green beans**

**1/2 cup sliced onions (or 1 tsp) onion powder**

**1 tsp minced garlic or garlic powder**

1 tsp red chili flakes (optional)

1 tsp lemon pepper

1/4 cup soy sauce

**1 tsp ginger**

1 tbsp sesame seeds

## Directions:

1. Coat large nonstick skillet with cooking spray and place over medium heat.
2. Add chicken, onion, garlic and ginger with some soy sauce; sauté until chicken is cooked (internal Temp 165 degrees) .
3. Add green beans and lemon pepper; sauté for a few minutes.
4. Drizzle with some sesame seeds and serve hot.

Find more online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

Want to apply for SNAP Benefits? Call the number below for assistance!

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