

## Italian-Style Chicken with Green Beans

2 TBSP	arrowroot powder
4	boneless, skinless chicken breasts (about 1 lb. total)
1/2 tsp	salt
1/4 tsp	pepper
2 tsp	olive oil
1	large onion, thinly sliced
3	garlic cloves, slivered
1 c	reduced sodium chicken broth
2 TBSP	tomato paste
1/2 tsp	dried sage
1/4 tsp	dried oregano
1 c	white beans, rinsed and drained
1/2 lb	green beans

1. On a plate combine, almond flour, 1/4 tsp of the salt and pepper. Dredge the chicken in the flour mixture shaking of the excess.
2. In a large nonstick skillet, heat the oil on medium-high until hot but not smoking. Add the chicken and cook until lightly browned, about 2 minutes per side. Transfer the chicken to a clean plate.
3. Add the onion and garlic to the skillet and cook on medium, until the onion is softened about 7 minutes. Stir in the broth, tomato paste, sage, oregano and remaining 1/4 tsp of salt and bring to a boil. Return the chicken to the pan, reduce to a simmer, cover and cook for 5 minutes.
4. Stir in the the white beans and green beans and simmer, uncovered, until the chicken is cooked through and the beans are tender, about 7 minutes. Divide the chicken amount 4 plates and serve.

Calories: 261

Fat 5g

Carbs 21g

Protein 32g