

ANOTHER SIMPLE RECIPE FROM WNEP...

## STOVETOP CHICKEN AND VEGETABLES

1½ T. margarine or butter

1 tsp. garlic powder

½ cup onion, chopped

1 to 1¼ lbs. boneless, skinless chicken breasts or thighs

1 10-oz. pkg. frozen green beans

¼ tsp. pepper



1. Melt butter in heavy skillet; add onion and garlic. Cook over medium heat about 5 minutes. Remove from pan.
2. Place chicken in skillet and cook over medium heat until chicken is thoroughly done (no longer pink in color) about 12 minutes. Remove from pan and keep warm.
3. Place frozen green beans, pepper and onion mixture in skillet and cover. Cook over medium-low heat until beans are tender, about 5 minutes.
4. Add chicken to vegetable mixture and continue cooking about 3 minutes.

Makes 4 servings, about 1 cup each.