

# SHEET PAN CHICKEN WITH GREEN BEANS AND POTATOES

By: Barefeet in the Kitchen

## PREP TIME

10 mins

## COOK TIME

1 hour

## SERVINGS

4

## INGREDIENTS

- 4 CHICKEN BREASTS
- 1 POUND FRESH GREEN BEANS, TRIMMED
- 5 RED POTATOES, QUARTERED OR HALVED
- 1/4 CUP OF AVOCADO OR OLIVE OIL
- 2 CLOVES OF MINCED GARLIC
- 1 TEASPOON SALT
- 3 TEASPOON ITALIAN SEASONING\*
- 1 TEASPOON FRESHLY GROUND BLACK PEPPER

\*If you don't have Italian Seasoning substitute:

- 1 teaspoon dried basil \*
- 1 teaspoon dried oregano \*
- 1 teaspoon dried thyme \*



## INSTRUCTIONS

1. Preheat oven to 400°F. Place the chicken, potatoes, and green beans on a large baking sheet. Add green beans on one side and potatoes on the other.
2. Stir the olive oil(or avocado oil), lemon juice, garlic together with all of the spices. Drizzle the spice mixture over the meat, potatoes, and vegetables. Use your hands to stir the pieces around a bit and make sure everything is well coated.
3. Place the pan in the center of the oven and roast for approximately 50 minutes, until the chicken is golden brown and cooked through. The potatoes should be tender and slightly crisp and the green beans should be browned, crisp, and somewhat shriveled.

**GREEN BEANS** provide you with lots of beneficial vitamins, minerals, and antioxidants!

# SAUTÉED PORK CHOPS WITH PEARS AND BLUE CHEESE

By: America's Test Kitchen

**PREP TIME**  
10 mins

**COOK TIME**  
35 minutes

**SERVINGS**  
4

## INGREDIENTS

- 4 bone in rib center-cut pork chops
- 1 tablespoon avocado or vegetable oil
- 1 firm pear, cored and cut into 3/4 in wedges
- 1 teaspoon sugar
- Salt and pepper
- 3/4 cup chicken broth
- 2 tablespoons unsalted butter
- 1 tablespoon balsamic vinegar
- 1/3 cup crumbled blue cheese



## INSTRUCTIONS

1. Pat chops dry with paper towels and season with salt and pepper. Heat oil in large non stick skillet over medium high heat until just smoking. Cook chops until well browned. About 5 minutes each side. Transfer to plate.
2. Toss the pears with sugar, 1/4 teaspoon salt and 1/8 teaspoon pepper in bowl. Add pear slices, cut side down, to empty skillet and cook until golden and beginning to soften, 1 to 2 minutes per side. Add broth and simmer until pears are softened, about 2 minutes. Transfer to plate with pork.
3. Continue to cook until sauce is slightly thickened, 1 to 2 minutes. Off heat, stir in butter and vinegar. Season with salt and pepper. Spoon sauce over pears and chops. Top with blue cheese crumbles.

# NO BAKE PEANUT BUTTER- BANANA ENERGY BALLS

By: Ghina's Bakings

**SERVINGS**  
22 balls

## Ingredients

- 2 large ripe bananas
- 2 cup oat flour (by processing 2 cups quick oats)
- 1/3 cup quick oats
- 1 tbsp peanut butter creamy or crunchy
- 1 tsp vanilla
- 1/4 tsp salt

## Instructions

- In a large bowl, mash the bananas with a fork. Add all other ingredients and mix by hand until everything is combined.
- Mixture should be a bit sticky. Form into balls (you can use a bit of water if they're too sticky, to help you roll them).
- Refrigerate for 1 hour - they'll get firmer. Decorate with melted chocolate and peanut butter as you like!

