

Sesame Baked Chicken and Garlic Green Beans

Makes 4 servings

Active Prep Time: 15 minutes Bake Time: 40 minutes

"This chicken is amazing and insanely simple. My kind of recipe."

4 boneless skinless chicken breasts

1/2 cup soy sauce

1/2 cup toasted sesame seeds

1/4 cup flour

1/4 teaspoon salt

1 pinch black pepper

2 tablespoons butter - melted

1 lb fresh green beans

2 tablespoons olive oil

3 cloves garlic - minced

Salt and pepper - taste

1) Preheat oven to 400 degrees.

2) Coat chicken breasts in soy sauce. In a small bowl, mix together toasted sesame seeds, flour, salt, and pepper. Dredge chicken breasts in flour mixture.

3) Place chicken in a baking dish. Drizzle with 2 Tablespoons of melted butter.

4) Bake for 40 minutes in pre-heated oven.

Saute green beans in Olive Oil for about 10 minutes or until tender. Add garlic, salt and pepper to taste. Saute for an additional 2 minutes.