

**Seared Chicken Breast with Sautéed Sweet Potatoes
and Steamed Vegetables**



Yields 2 servings

Time 30 minutes

Ingredients

2 chicken breasts

1/2 head of broccoli

1/2 zucchini

10 oz. fresh green beans

2 sweet potatoes

Olive oil

Salt and pepper

Directions

Pre heat the oven to 350°. Heat a medium sized pan on high with a small amount of olive oil. Season both sides of the chicken with salt and pepper or your favorite meat seasoning. Gently place the chicken breasts in the pan and sear both sides (roughly 3-4 mins.). Place the pan in the oven and cook chicken for 10 minutes or until chicken is fully cooked.

Heat a large pan on medium heat with a small amount of olive oil. Chop both sweet potatoes into small cubes. Sauté the sweet potatoes for 15-20 or until tender. Season with salt and pepper. Turn up the heat to high the last few minutes to achieve a golden brown color, but watch carefully, they can burn easily.

In a medium pan add a small amount of olive oil and heat to medium. Add the broccoli that has been cut into small trees and fresh green beans that have been cut in half to the pan. Add enough water to cover the bottom of the pan. Steam the veggies for 4 mins. Then add the zucchini that has been cut in half and into half-moon shapes. Season with salt and pepper. Cook for an additional 4 minutes.