

One Pan Chicken, Cauliflower & Green Beans

10 ingredients · 25 minutes · 3 servings



Directions

1. Heat the oil in a large pan over medium-high heat. Add the onions, celery, cauliflower, and carrots. Sauté for four to five minutes or until everything starts to soften. Season with salt and pepper.
2. Add the beans, garlic, and ginger. Sauté for two minutes, then add the chicken, breaking it up as it cooks. Cook for five to seven minutes, or until the chicken is cooked through. Season with salt and pepper.
3. To serve, divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Hot sauce, chilli flakes, or sauce of choice. Serve over your grain of choice.

No Chicken

Use your protein of choice. Any other ground meat, cooked lentils, crumbled tofu, or crumbled tempeh would work well.

Ingredients

- 1 **tbps** Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (medium, chopped)
- 2 **stalks** Celery (chopped)
- 1/3 **head** Cauliflower (small, chopped into small florets)
- 1 Carrot (large, diced)
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Green Beans (trimmed, chopped)
- 2 **garlic** (clove, minced)
- 2 **tsps** Ginger (grated)
- 14 **ozs** Extra Lean Ground Chicken

Nutrition

Amount per serving

Calories	290	Cholesterol	114mg
Fat	16g	Sodium	140mg
Carbs	13g	Vitamin A	3977IU
Fiber	5g	Vitamin C	42mg
Sugar	6g	Calcium	75mg
Protein	26g	Iron	3mg