

Chicken Dinner

Chicken Preparation:

4-5 Chicken Tenderloins (frozen)
Lemon and Herb or Garlic and Herb Marinade
EVOO (Extra Virgin Olive Oil)

Side Dishes:

Brown Rice
1 can French Style Green Beans



Thaw the amount desired of Chicken Tenderloins.

In a large sauce pan take EVOO and make two turns around the pan, do the same with the Marinade and mix together with a spatula.

Heat pan on Medium temperature.

Place a few Tenderloins at a time in the sauce pan keep them moving and flipping them over until they are brown on both sides and cook through.

Cook brown rice and the French Style Green beans during the same time.

Serves 2-3 people.

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