



### **Rosemary Chicken & Vegetables** (Approx 30 to 40 min)

2 to 3 lbs Chicken breasts cut into cubes  
12 new potatoes quartered or 6 regular potatoes cut into 8 pieces  
pkg frozen green beans thawed  
3 T olive oil  
1 T lemon juice  
1 t salt  
1 t sugar  
1 t dried rosemary leaves  
¼ t garlic powder

Heat Oil in Skillet on high . Add chicken stir to brown. Add rest of ingredients. Cook on medium stirring occasionally until chicken is done and potatoes are soft. Add green beans for the last 10 minutes to heat through.

<http://www.lincolntent.com/GFCF-Poultry.html>