



## Caribbean Chicken



1/2 of recipe: 289 calories, 8g total fat (1g sat. fat), 512mg sodium, 26g carbs, 7.5g fiber, 15.5g sugars, 30g protein

**Prep:** 10 minutes    **Cook:** 20 minutes

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### Ingredients

Two 4-oz. raw boneless skinless chicken breast cutlets  
1/4 tsp. chili powder  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/4 tsp. plus 1/8 tsp. salt, divided  
1/4 tsp. plus 1/8 tsp. pepper, divided  
1 lb. green beans, ends trimmed  
2 tsp. olive oil  
1/2 cup pineapple tidbits packed in juice, drained  
1/2 cup chopped tomato  
2 tbsp. chopped fresh cilantro

### Directions

Preheat oven to 375°F. Spray a baking sheet with nonstick spray.

Season chicken with chili powder, garlic powder, onion powder, 1/8 tsp. salt, and 1/8 tsp. pepper. Place on the baking sheets.

Add green beans to the baking sheet, drizzle with oil, and sprinkle with 1/8 tsp. salt and 1/8 tsp. pepper. Lightly mix.

Bake until chicken is cooked through and green beans are tender, about 20 minutes, flipping veggies and chicken halfway through.

In a medium bowl, combine pineapple, tomato, cilantro, remaining 1/8 tsp. salt, and remaining 1/8 tsp. pepper. Mix well. Serve over chicken, with green beans on the side.

#### MAKES 2 SERVINGS

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