

Chicken and Vegetables *Makes 4 servings, 1¼ cups each*

1½ Tablespoons soft margarine
1 teaspoon garlic powder
½ cup onions, chopped

¾ pound chicken thighs
16 oz. package of green beans, frozen
¼ teaspoon pepper

1. Melt margarine in heavy skillet. Add garlic and onions; stir until blended. Cook over medium heat, until tender, about 5 minutes. Remove from skillet.
2. Place chicken in the skillet. Cook over medium heat, until chicken is thoroughly done. Remove chicken from skillet; keep warm.
3. Place frozen green beans, pepper, and cooked onions in same skillet. Cover and cook over medium-low heat until beans are tender, about 5 minutes.
4. Add chicken to vegetable mixture. Continue cooking, stirring occasionally, until heated through, about 3 minutes.

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over.
3. Cut around bone and remove it.