



## Ingredients

1 pound sweet potatoes, peeled and cut into 1-inch chunks

Salt to taste

Pepper to taste

3 teaspoons olive oil, divided

¼ cup fat-free, low-sodium chicken broth

4 boneless, skinless chicken breasts

½ cup low-fat milk

1 cup whole-wheat bread crumbs or panko

2 teaspoons garlic powder

2 teaspoons dried oregano

2 teaspoons dried paprika

1 pound green beans, trimmed

## Directions

Preheat the oven to 350 degrees.

Place the peeled, cut sweet potatoes in a pot. Pour in cold water to cover the potatoes by 1 inch, then salt the water. Bring to a boil and cook the potatoes until you can easily pierce them with a fork (about 10–12 minutes).

Drain the potatoes in a colander. Return them to the pot and mash until smooth with a fork or potato masher. Add 1 teaspoon of olive oil, the chicken stock and ½ teaspoon of salt. Stir to combine. Cover to keep warm.

While the sweet potatoes boil, place the chicken breasts between two sheets of plastic wrap. Pound breasts with a meat tenderizer until they

## Nutritional Information

(1 breast, ½ cup sweet potatoes and 2/3 cup green beans)

452 calories

16 g fat

33 g protein

11 g fiber

43 g carbohydrates

347 mg sodium

are an even thickness. Season both sides with salt and pepper.

Put breadcrumbs or panko on a plate. Pour the milk into a wide bowl. Line a baking sheet with parchment paper and coat with cooking spray.

Place one of the chicken breasts in the milk to coat, then place the breast into the panko to coat both sides. If needed, press the coating into the breast so it sticks. Place the breast on the parchment-lined baking sheet. Repeat with the remaining chicken.

Place the chicken in the oven and cook for 45–50 minutes, turning once halfway through

cooking. Cook until a meat thermometer reads 165 degrees, or until it is no longer pink inside.

While the chicken bakes, place trimmed green beans in a bowl with some olive oil, salt and pepper. Toss to coat evenly.

During the final 15 minutes of cooking the chicken, place green beans on the same baking sheet around the chicken breasts. They're done when light brown. After serving, sprinkle with almonds.