



## Green Bean Stir Fry

green onions, finely sliced

garlic

olive oil

green beans (fresh or frozen)

grape or cherry tomatoes (halved, or regular tomatoes cut into chunks)

sliced almonds

chicken breast

Grill chicken or cut into chunks and cook on the stovetop in olive oil. Saute the onions in the olive oil until soft add garlic. Cook for a further 2 minutes. Add tomatoes and green beans cook until beans are heated through. Just before serving add the almonds.

*Submitted by: Cath Lalgee*

