

Grab 'n' Go Dinner for Tonight

Chicken & Vegetables
Serves: 4

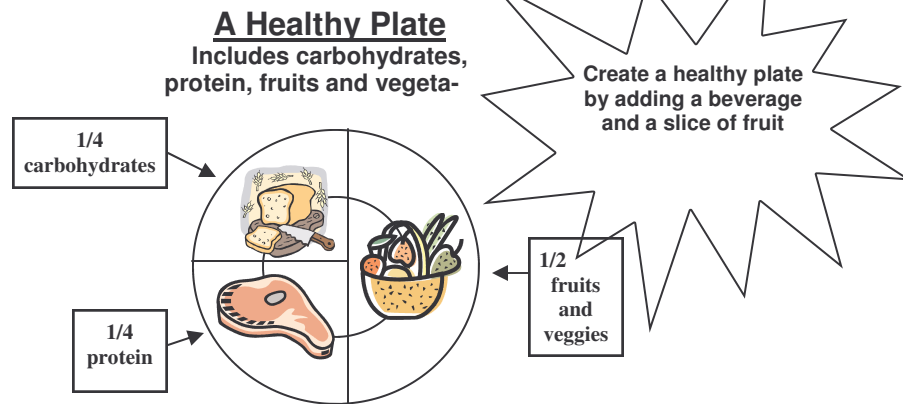
Ingredients	Aisle #
1-1/2 tablespoons Margarine	Dairy
1 teaspoon Garlic powder	Aisle 5
1/2 cup Onions, chopped	Produce
1 pound + 4 ounces Chicken thighs, boneless, skinless	Meat department
10-ounce package Cut green beans, frozen	Frozen
1/4 teaspoon Pepper	Aisle 5

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 and no longer pink in color, about 12 minutes. 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.

Chicken & Vegetables	
Amount Per Serving	
Calories 238	Calories from fat 88
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	11%
Cholesterol 116mg	39%
Sodium 173mg	7%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 29g	
Vitamin A 12%	Vitamin C 18%
Calcium 5%	Iron 12%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Tonight's Grab 'n' Go Dinner
Cost per serving: \$1.24

To find the Grab 'n' Go dinner ingredients look for this logo throughout the store.



All ingredients will be marked with the Shape Up Kittitas County logo.