

Grilled Chicken over white bean, garlic mash

INGREDIENTS:

- 3 cloves of garlic
- 2 chicken breasts
- 1 can of great white northern beans
- 1 lemon
- 1 teaspoon dried rosemary
- olive oil
- salt and pepper

DIRECTIONS:

Grill or cook 2 chicken breasts. Roast 3 cloves of garlic in a pan with olive oil or in the oven until slightly brown. Once roasted, add garlic into a ninja or a blender with a 14 oz can of drained, great white northern beans. Squeeze in about 1 - 2 tablespoons of fresh lemon juice into the ninja or blender, and then blend up until ingredients are mixed well. Put white bean, garlic mash onto a plate and then put grilled chicken over mash. Sprinkle about 1 teaspoon of dried rosemary over the top of the chicken along with 1 teaspoon of olive oil. Add some salt and pepper to taste, and you're ready to eat!

Serves: 2