Chicken breast with arugula, tomato and green beans

Makes 4 servings

Ingredients:

2 lb boneless, skinless chicken breasts

¼ cup cup olive oil

1/4 cup water

1 small white onion, small dice

1 teaspoon minced garlic

1 pint of grape tomatoes

1/4 teaspoon salt

1/4 teaspoon pepper

1.5 tablespoon balsamic vinegar

 8 ounces arugula, rinsed and patted dry

Procedure:

1. Dice chicken breast and sauté until cooked through and set aside
2. Place onion and garlic in same skillet. Cook until onions are soft, about 3 minutes. Add tomatoes, and remaining salt and pepper. Cook until juices are released from tomatoes start to simmer. Stir in vinegar, then add arugula. Toss with tongs until well mixed. Add chicken and let the chicken

Green Beans:

2 lb green beans

Olive oil

Lime juice

Ground ginger

S+P TT

Boil the green beans to al dente, then toss with olive oil, lime juice, ground ginger and S+P