



A TASTEFUL PLACE AT THE DALLAS ARBORETUM

Pan Seared Chicken w/ Sweet Potato Puree & Roasted Pole Beans

Ingredients

- 3 lbs. chicken breast
- 3 lbs. sweet potato
- 1 cup peeled garlic cloves
- 3 lbs. pole beans
- 2 ounces of butter
- $\frac{1}{2}$ c almond slivers, toasted
- Garlic powder, to taste
- Onion powder, to taste
- Heavy whipping cream (optional)
- Salt and pepper.

Directions

Preheat oven at 350. Peel and cut sweet potatoes, put in a pot. Cover with cold water. Add garlic cloves. Bring to a boil, then let simmer until sweet potatoes are soft enough to mash. In a sauté pan, at high heat, sear chicken breast then place on a parchment lined sheet pan, toss the golden chickens in the oven for at least 10 minutes or until the internal temp is 165. Using the same chicken pan, toss in some more butter and add the green beans. Some slivers of garlic would only enhance the green beans. Once the green beans are heated thoroughly, add the almond slivers. Plate it while it is hot.