

# Chicken Bites

MADE WITH LOVE

by Teresa Forchard

WITH PARMESAN POTATOES & GREEN BEANS

## Ingredients

- 2 pounds boneless skinless chicken breast tenderloins
- 1 tablespoon olive oil
- 1 teaspoon paprika
- ½ teaspoons garlic powder
- ½ teaspoon onion powder
- ½ teaspoons black pepper
- ½ tsp salt
- ¼ teaspoon dried thyme

### For the Sauce:

- 2 TBS honey
- 2 TBS balsamic vinegar
- 2 TBS ketchup
- 2 cloves minced garlic

### For the sides:

- 4 medium sized russet potatoes
- olive oil
- ½ cup grated parmesan cheese
- 1 tsp salt & 1 tsp pepper
- 1 tsp garlic powder
- 1-2 bags frozen green beans (depending on how many you want)
- ½ onion
- 2 TBS olive oil
- ½-1 tsp garlic powder

## Directions

1. Preheat oven to 450 degrees
2. Wash potatoes and pierce with a fork. Place on a plate and microwave for 5 minutes.
3. While potatoes are in the microwave, Put green beans, and onion into an air fryer. Season with olive oil, salt, pepper and garlic powder. Cook on 400 degrees for 15 minutes
4. Next , cut chicken into bite sized chunks
5. Potatoes should be done in the microwave. Remove- be careful they will be hot!- and dice into cubes. Spray a small casserole dish with olive oil. Add potatoes and season with olive oil, salt, pepper, garlic powder and parmesan cheese. Mix well and place in the oven for 8 minutes and then turn the oven to broil and cook for 5-7 more minutes (Depending on how much time you have)
6. While potatoes are in the oven its time to finish the chicken. Add cut chicken to a medium bowl and drizzle with 2 TBS of olive oil. Season with above seasonings (I like to measure mine in a separate small bowl first and mix so I know I am distributing evenly)
7. Heat a large skillet over medium/high heat and add 1 TBS of olive oil. Add chicken to the skillet and spread it out. Cook for 3-4 minutes on each side or until crispy.
8. While the chicken cooks, mix ingredients for the sauce in a small bowl.
9. Once you have cooked chicken on both sides, add sauce to the skillet and mix well. Cook for 1-2 minutes.
10. Everything should be ready now! Enjoy!