



One-Dish Rosemary Chicken and White Beans

Serving Size: 2 thighs and 3/4 cup bean mixture

Yield: 4 servings



Ingredients:

2 teaspoons olive oil	1 (14.5-ounce) can stewed tomatoes, not drained
1-1/2 teaspoons dried rosemary	1 (15-ounce) can navy beans, rinsed and drained
1/4 teaspoon salt	1/4 cup pitted kalamata olives, chopped
1/4 teaspoon black pepper	
8 skinless and boneless chicken thighs (about 1 pound)	

Directions:

1. Heat olive oil in a large skillet over medium-high heat.
2. Combine rosemary, salt and pepper; sprinkle over one side of chicken.
3. Place chicken in pan with seasoned side down, cook 3 minutes.
4. Reduce heat to medium and turn chicken. Add tomatoes and beans, cover and simmer 10 minutes or until chicken is done.
5. Stir in olives.

Notes:

To lower the sodium, use a no-salt-added bean and omit the 1/4 teaspoon of salt

Nutrition Facts per Serving: Amount per serving: calories, 316; calories from fat, 23; total fat, 8.1 g; cholesterol, 94 mg; sodium, 978 mg; total carbohydrate, 30.2 g; dietary Fiber, 6.8 g; protein, 31.2 g

Source: Singing the Praises of Beans, Alice Henneman, University of Nebraska-Lincoln Extension, Lancaster County.



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