



Tuscan Chicken

Ingredients:

2 chicken breasts
8 ounces of cannellini beans
3 ounces grape tomatoes
2 Rosemary skewers
3 ounces of extra-virgin olive oil
3 basil leaves
2 ounces of Italian chopped parsley
3 garlic cloves
4 ounces of chicken stock

Directions:

In a pan, rub the chicken with olive oil, rosemary, salt, and pepper.
Place in oven for 35 to 40 minutes.
In a sauté pan, heat up the olive oil. Add the garlic and cook for 3 to 4 minutes on medium heat.
Drain the cannellini beans and add them.
Add the cooked chicken to the pan
Let simmer at low heat for 10 to 15 minutes.
Add tomatoes, rosemary and parsley. Cook for 3 to 5 minutes.
Serve topped with basil.

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

