

Chicken with Beans and Veggies

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 24 minutes

Serves: 4

CChints: Sun-dried tomatoes packed in oil are tender and the oil adds a lot to this dish. If you don't have fresh rosemary you can substitute 1 teaspoon dry. This dish is low in fat and high in fiber and protein.



4 servings of brown or whole grain rice
1 Tablespoon oil from Sun-dried tomatoes
2 Tablespoons reduced fat Italian dressing
4 boneless, skinless chicken breasts
1/2 cup reduced sodium chicken broth
19 ounce can cannellini beans, rinsed and drained
2 cloves minced garlic, fresh or from a jar
1 cup sliced carrots
1 cup sliced celery
1/4 cup sun-dried tomatoes, drained and sliced
1 tablespoon fresh rosemary, chopped or 1 teaspoon dry
Optional side vegetable or salad

Note: Look at the cooking time for your rice and cook according to those directions.. It could take 5-25 minutes and you want to time it so it is done when the dish is finished. If your rice is done before the dish is, just drain, remove from the heat and cover until ready to serve.

Drain off 1 tablespoon oil from the sun-dried tomatoes. Add the oil and dressing to a large skillet and heat to medium.

Rinse the chicken and cut off any excess fat. Pat dry with paper towels and lay on a plate. Lay out about 18 inches of plastic wrap on the counter. Take one piece of chicken at a time a lay it on the plastic wrap. Fold the plastic over the top of the one piece of chicken at a time and pound it to 1/2 inch thick with a meat mallet or heavy skillet. Lay them on a plate and sprinkle both sides of each piece with a little salt and pepper. Through away the plastic and wash everything that came in contact with the raw chicken.

Add the chicken to the skillet and cook 3 minutes per side, just to brown it, but not cook it through. If the chicken pieces are too large to fit in the skillet at the same time, cook as many as you can and transfer the cooked pieces to a container to keep warm. Cook the rest of the pieces in the same manner but leave these pieces in the skillet and add the others back to the pan.

Slowly add the chicken broth to the skillet. Stir in the beans through the rosemary, cover and reduce the heat to a simmer. Let simmer for 10-12 minutes.

Serve the chicken and veggie mixture over rice and with a side vegetable or salad.