

## ***Chicken with Butter Bean Medley***

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 20 minutes

Serves: 4

***CChints:*** Butter beans look like over-sized lima beans. They are tan, soft and yummy. To remove the leaves from the oregano and thyme stems, hold the tip of the stem and run your fingers backwards down the stem. Pounding the chicken will help it to cook evenly and tenderize the meat a little.



15 ounce can butter beans, rinsed and drained  
4 boneless, skinless chicken breasts  
Salt and pepper  
3 teaspoons olive oil, divided  
1/2 of a medium yellow onion, sliced and those slices cut in half  
1 roasted red bell pepper from a jar, chopped  
1/2 cup white wine, divided  
1 pint grape tomatoes  
1/2 teaspoon kosher salt  
1 tablespoon chopped fresh oregano  
1 tablespoon fresh thyme leaves plus some for garnish  
1 glove minced garlic, fresh or from a jar  
Serve with a side salad or your favorite side vegetable.

Open the can of beans and rinse the well and allow them to drain while you start the chicken.

Rinse chicken, pat dry and lay on a plate. Roll out about 20 inches of plastic wrap on your work surface. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. If they are too large, you may want to cut them in half and sprinkle all with a little salt and a dash of pepper on both sides.

Add 2 teaspoons of oil to a large nonstick skillet that has a cover. Turn the heat to medium and when the pan is hot add the chicken. Cover and cook for 3 minutes and do not move the chicken during this time. After 3 minutes turn them over and cook for another 2-3 minutes until they are done. Transfer them to a container where they can stay warm.

During this time, wash everything that came in contact with the raw chicken and start your side salad or vegetable.

In the same skillet, add the remaining teaspoon of oil and the onions. Stir for 1 minute and slowly pour in half of the wine, scraping the chicken bits from the pan to flavor the onions. Add the tomatoes and sprinkle with kosher salt. Cook for 5 minutes, stirring occasionally until the tomatoes start to blister. Add the red bell pepper, herbs and garlic and cook for 1 more minute. Stir in the beans and the rest of the wine until the beans are heated. Transfer this mixture to a serving bowl. If your chicken isn't as warm as you would like it, add it back to the pan for a minute, covered.

Serve the bean medley with the chicken and sides. Enjoy!