

1-Dish Rosemary Chicken & White Beans

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Kalamata olives add an extra oomph of flavor and only 10 calories per olive!

Makes: 4 servings

Ingredients

- 2 teaspoons olive oil
- 1-1/2 teaspoons dried rosemary
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 8 skinless/boneless chicken thighs (about 1 lb.)
- 1 (14.5-ounce) can stewed tomatoes, undrained
- 1 (15-ounce) can navy beans, rinsed and drained
- 1/4 cup pitted Kalamata olives, chopped



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.

Source: Courtesy of the Idaho Bean Commission, 821 W. State Street, Boise, ID 83702. For more information about cooking with beans, visit: <http://bean.idaho.gov>

Alice's Notes:

- To lower the sodium, use no-salt-added tomatoes and beans; omit the 1/4 teaspoon of salt.
- Sprinkle the seasonings on the side of the chicken thighs that will be the "presentation" side when this dish is served. NOTE: The seasoned side will first be placed downward in the pan, then turned and become the presentation side after it is browned.
- Olives combine well with white beans. If you have purchased Kalamata olives with pits, here are two of the most common suggestions for removing the pits.
 - If you already have a cherry pitter, try this on your olives. This is the easiest method for pitting olives. Cherry/olive pitters are available in the kitchen gadgets section of many stores. Or, search for a source on the Internet by putting the words "cherry/olive pitter" into your favorite search engine.
 - A second method is to use a rolling pin to lightly roll over olives to loosen the pits. Then pick out the pits. The resulting pitted olive may not look as good as when you use a cherry/olive pitter.
- You can use an instant-read thermometer to test if the chicken is done. The recommended temperature for chicken thighs is 165 degrees F.