

## Rustic Chicken and Beans

### Ingredients

2 lbs	chicken thighs, skinned, boned
3/4 tsp	black pepper
3 Tbsp	olive oil
8 oz	mushrooms, fresh, sliced
2 1/2 tsp	rosemary
1/2 cup	white wine, dry
2 (15 oz) cans	navy beans, rinsed, drained
1 cup	parmesan cheese, grated
3/4 cup	bread crumb, fresh
1 (14.5 oz) can	chicken broth, reduced sodium



*Hearty chicken and beans seasoned with rosemary and topped with buttered breadcrumbs and parmesan cheese burst with amazing flavor.*

### Directions

Preheat oven to 350 degrees.

Sprinkle chicken with 1/2 tsp pepper. Heat oil in a large skillet over medium-high heat. Brown chicken on both sides, cooking in batches if necessary. Remove chicken; chop and set aside. Add mushrooms and rosemary to skillet and sauté for 3 minutes. Stir in white wine and cook for 5 minutes. Remove from heat and add one can of navy beans.

Coat a 9x13 baking pan with non-stick cooking spray. Spread the bean mixture in the pan. Top evenly with the chicken. Sprinkle evenly with 1/2 cup parmesan cheese, 1/2 cup bread crumbs and sprinkle with remaining 1/4 tsp pepper. Top evenly with remaining can of navy beans. Drizzle with chicken broth. Sprinkle evenly with remaining 1/2 cup parmesan cheese and 1/4 cup bread crumbs.

Cover loosely with foil.

Bake 40 minutes. Remove foil. Bake 20 minutes longer or until top is golden brown.

**Yield** 6 servings

### Nutritional Information

*Calories 425, Fat 15g, Carbohydrates 34g, Cholesterol 107mg, Sodium 694mg, Fiber 7g, Protein 38g*

