Chicken and White Bean Skillet

This one-skillet meal uses boneless chicken thighs for a simple, yet delicious meal and is perfect for cooler fall and winter nights. Using low-sodium chicken stock helps to reduce sodium for those watching their sodium intakes.

Yield: 4 servings

Serving Size: 1 chicken thigh and 1 cup bean spinach mixture

Ingredients:

- 1 pound boneless chicken thighs
- 2 Tbsp olive oil, divided
- 1 small yellow onion, peeled diced small
- 2 cloves of garlic, peeled and minced
- 2 (15 oz. cans) cannellini beans, drained
- 1/2 tsp salt
- 1/2 tsp dried oregano
- 1/4 tsp smoked paprika
- 1/4 tsp freshly cracked black pepper
- 1 cup low-sodium chicken stock
- 2 cups fresh spinach, roughly chopped

Instructions:

1. Pat each boneless chicken thigh dry with paper towel and put in a bowl.
2. Heat a large skillet over medium heat and add 1 Tbsp of olive oil. Add the boneless chicken thighs to the skillet and brown, about 5 minutes on each side. Remove to a plate.
3. In the same skillet, add the remaining 1 Tbsp of olive oil along with the diced onion. Saute for about 3 minutes or until the onion is translucent. Add the minced garlic and saute for 30 seconds, until fragrant.
4. Add the drained canned beans to the skillet, along with the salt, dried oregano, smoked paprika, and cracked black pepper. Pour in the low-sodium chicken broth. Add the reserved chicken thighs and any accumulated juices to the pan.
5. Gently stir and bring the skillet to a simmer. Cook until chicken reaches internal temperature of 170°F.
6. Add the chopped spinach to the skillet, allowing the heat to wilt the spinach. Gently stir.
7. Serve hot with crusty bread and some freshly cracked black pepper or red pepper flakes on top.

Per Serving: Calories 516 kcal, Carbohydrates 57.1 g, Protein 44.9 g, Sat Fat 2.6 g, Sodium 442.1 mg, Added Sugars 0 g

This recipe was taken from https://www.budgetbytes.com/chicken-sausage-white-bean-skillet/