



Tuscan Chicken

Written by Jodi

See the original post including this recipe at www.reverycloud.com/tuscanchicken.html

Prep Time: 15-20 minutes

Cook Time: 25 minutes

Serves: 4 to 6

A flavorful one skillet protein rich entrée that the whole family will enjoy!

Ingredients

- 3 Tbsp Olive Oil
- 1 lb boneless skinless chicken breast, cubed (cut small after cooking for little ones)
- 8-10 oz Mushrooms, sliced
- 1/2 white or yellow onion, diced
- 3 cloves garlic
- 2-3 large leaves of Tuscan Kale, rinsed & chopped with stems removed
- 1 can fire roasted tomatoes
- 1/2 cup tomato basil spaghetti sauce
 - If not wanting to use canned ingredients or sauces, sub the following for tomatoes listed above:
 - 1/2 cup sun-dried tomatoes
 - 2 med. Ripened Tomato, diced
 - 2 Tbsp fresh chopped Basil
- 2 cups soaked and cooked cannellini beans (or approx. one can drained & rinsed)
- 1/2 cup sliced black olives (better to cut lengthwise a few times for little ones)
- 1 Tbsp Balsamic Vinegar
- 1 Tbsp Agave or Honey (only use honey with toddlers who've been ok'd by a physician and over 2 yrs)
- 1 tsp Oregano
- 1 tsp Thyme

Directions

1. Drizzle olive oil in a large skillet over medium-high heat and cook chicken through.
 - a. Spread chicken in an even layer and leave approx. 1-2 minutes until it begins to sear.
 - b. Flip and cook the chicken through stirring every 30 seconds. Safe internal temperature should be no less than 165 F. (total cook time should be approx. 7-10 minutes) Set chicken aside.
2. Turn down to medium heat, drizzle olive oil and sauté mushrooms 6-7 min until tender & set aside.
3. Add additional olive oil and sauté onions 3 to 4 minutes until translucent. Add the garlic and chopped kale and sauté one more minute until the kale has wilted.
4. Add in the fire roasted tomatoes, tomato basil sauce, balsamic and agave stirring for 1 minute until combined. (If using alternative tomatoes use a drizzle of olive oil to keep from burning)
5. Sprinkle in the oregano and thyme.
6. Add in the black olives and cannellini beans, stirring 1 minute to combine with sauces & tomatoes.
7. Return the chicken and mushrooms to the skillet, stirring to combine until heated through.
8. I like to cover and simmer for 5 minutes to marry the flavors, but it's not necessary.
9. I like to serve immediately with a side salad or fresh fruit for the little ones.