

Tuscan Style Chicken with Cannellini Beans

Makes 8 Servings

Preparation: 15 minutes

Recipe: by Greg Strahm, The Silver Chef

This Tuscan Style Chicken with Cannellini Beans is a comforting Italian-inspired dish. It is a hearty meal that delivers the warm, earthy character of the Tuscan countryside in every bite. The cannellini beans not only serve as a base for this simple rustic dish, they also serve as a thickener creating a sauce perfect for dipping hot crusty bread.



8 bone in chicken thighs, can also use boneless
3 ounces pancetta, finely diced
3 tablespoons dijon mustard
garlic powder
EVOO, for drizzling
1 large yellow onion, diced
4 large cloves garlic, minced
1 tablespoon fresh oregano leaves, chopped
2 tablespoons fresh thyme leaves, chopped
2 tablespoons fresh parsley, chopped

2 (15-ounce) cans cannellini beans, drained and rinsed
1 (15-ounce) can cannellini beans, undrained but mashed
2 tablespoons capers, drained and minced
1 cup chicken stock
kosher salt, to taste **
freshly ground black pepper, to taste
1 large lemon, zested and juiced
fresh basil leaves, for garnish

Preheat to 425°F.

1. Pat thighs dry with paper towel and set aside.
2. In a small saute pan, saute pancetta until rendered and crisp.
3. Place 2 cans of drained beans in a 9x13 baking dish. Add pancetta and any rendered fat, chopped onion, garlic, capers and chicken stock. Stir in 1 can of undrained mashed beans, to thicken. Mix and evenly distribute in baking dish. Season with salt & pepper to taste.
4. Place chicken thighs on top of bean mixture. Brush each thigh with dijon mustard. Drizzle with EVOO and season each chicken thigh with a light sprinkling of garlic powder, chopped herbs, salt**, and pepper to taste. Evenly zest lemon over chicken. Evenly distribute lemon juice over chicken.

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5. Bake in preheated 425° F. oven for 45-50 minutes if bone in, or 35-40 minutes if boneless, or until internal temperature reaches 165° F.

6. Remove from oven and transfer to a platter, placing thighs over a bed of bean mixture. Garnish with fresh flat leaf parsley and serve.

**NOTE: Use salt sparingly because pancetta and capers are salty as well.