

Tuscan Chicken Stew

Total time: About 1 hour

Servings: 4-8

Note: Adapted from Food Network Kitchens' "*How to Boil Water*".

at least 1 onion

at least 4 cloves of garlic

1 (15 oz) can cannellini or Great Northern beans

8 bone-in skinless chicken thighs (about 3 lbs.)

Kosher salt

Freshly ground black pepper

3 T extra-virgin olive oil

Pinch crushed red pepper flakes

1 large sprig rosemary or 1 t. dried Italian seasoning

1 T tomato paste

1/2 c dry red wine

1 (14 oz) can chopped tomatoes

3/4 c chicken broth

1 small head escarole or 4 c baby spinach leaves (about 8 oz)

1/2 c freshly grated pecorino or Parmesan cheese (about 1 oz)

1. Chop the onion; smash and peel the garlic. Rinse and drain the beans in a colander or strainer. (I didn't think rinsing and draining the beans made any difference.)

2. Heat a Dutch oven over medium-high heat. Season the chicken all over with salt and black pepper. Add the oil to the Dutch oven. When the oil is hot, add the chicken skinned (rounded) sides down, and brown, in batches if necessary, about 4 minutes per side.

3. When all the chicken has been browned, reduce the heat to medium, add the onion, garlic, red pepper flakes and herbs; cook, stirring until the onions are lightly soft, about 5 minutes. Stir in the tomato paste and cook until brick red, about 1 minute. Add the wine and use a wooden spoon to scrape any brown bits that cling to the pan. Bring to a boil and cook until syrupy, about 1 minute.

4. Add the beans, tomatoes and chicken broth, and bring to a boil. Nestle the chicken pieces in the stew, adding to the pan any collected juices from the plate. Simmer the stew, uncovered, until the chicken is cooked through, about 20 minutes.

5. Trim the escarole and tear the leaves into bite-size pieces. (If you're using baby spinach, there's no need to do this.) Wash the escarole or spinach and drain. Add the greens to the stew, cooking until wilted, about 4 minutes. Stir in the cheese and season with salt and pepper to taste. Serve in shallow bowls.

Each serving (two thighs): 642 calories, 55 grams protein; 24 grams carbohydrates; 7 grams fiber; 32 grams fat; 8 grams saturated fat; 179 mg cholesterol; 5 grams sugar; 650 mg sodium