

## Tuscan Baked Chicken and Beans

1 (3 1/2-puond) roasting chicken  
1/4 tsp kosher salt  
1/4 tsp freshly ground black pepper  
3 slices center cut bacon  
1 cup chopped onion  
1/8 tsp kosher salt  
2 cups packed torn spinach  
1/2 tsp chopped fresh rosemary  
2 (16 oz) cans cannellini or other white beans, rinsed and drained  
1 (14.5 oz) can diced tomatoes, undrained

### Directions:

Preheat oven to 350°.

Remove and discard giblets and neck from chicken. Trim excess fat. Cut chicken into 2 breasts halves, 2 drumsticks, and 2 thighs. Season with 1/4 tsp of kosher salt and pepper. Cook bacon in a 12-inch ovenproof skillet over medium hear until crisp. Remove bacon from pan; crumble and set aside, reserving drippings in pan. Add chicken pieces to pan; cook for 2 minutes on each side or until browned. Remove chicken from pan; set aside.

Add onion and 1/8 tsp of kosher salt to pan; reduce heat to medium, and cook 5 minutes or until onion begins to brown. Stir in bacon, spinach, rosemary, beans, and tomatoes; remove from heat. Arrange chicken pieces on top; bake, uncovered, at 350° for 40 minutes. Discard skin before serving.

Yield: 4 servings (1 serving: 1 breast half or 1 leg and 1 thigh and about 1 1/4 cups bean mixture).

### Nutritional Information per serving

Calories 307  
Fat 4.9 g  
Protein 36 g  
Carbs 30 g  
Fiber 9.5 g  
Cholesterol 91 mg