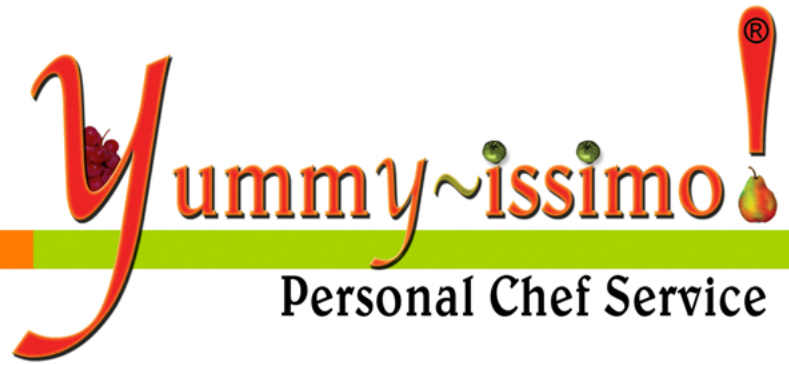


Chicken Florentine with White Beans



This recipe has only 347 calories and is packed with 51 grams of protein

Serves 4

4 ~ 6oz chicken breasts, filleted into 8 slices

2T all~purpose flour

salt and pepper

1T olive oil

1/2c chicken broth

1 ~ 16oz can white cannellini beans

6oz baby spinach, fresh

Place flour and salt and pepper in large zip~lock bag. Add chicken filets and shake to coat well. Heat olive oil in large skillet and sauté chicken until golden brown on both sides. Remove chicken to plate and set aside.

Add beans and broth to the skillet. Using the back of the spatula, mash some of the beans leaving most of the beans whole. Turn heat to medium~high and add chicken broth. Cook until liquid starts to thicken 6~8 minutes. Add fresh spinach into skillet, toss well and allow to start to wilt.

Add chicken back into skillet and cook until spinach is wilted, sauce is thickened and chicken is completely cooked through ~ 5~6 minutes.

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