

## **Chicken Thighs with White Beans, Artichokes, and Black Olives**

If you want to take your taste buds on a Mediterranean adventure, make this easy and delicious lunch or dinner on the fly. We love this with chicken, but it lends itself beautifully to salmon, halibut, grouper, shrimp or tofu. We have a crush on oil-cured black olives, but Kalamata work great too.

1.5-2 lbs boneless, skinless chicken thighs (about 5-7)

sea salt and pepper

One 15-oz can cannellini beans, drained

1 cup chicken broth (homemade or 1 cup water with a bouillon cube)

one 14.5 ounce jar of marinated artichokes, drained (1 1/2 C quartered)

1/2 C sun-dried tomatoes, chopped

1/2 C black olives, pitted and roughly chopped

3 Tbsp good quality balsamic vinegar (we like balsamic glaze)

1 tsp dried oregano

1 tsp onion powder

1 tbsp fresh chopped thyme

4 cups fresh spinach or arugula

Drizzle of extra virgin olive oil

Optional: Crumble with Feta Cheese (we love the nondairy brand, Violife)

Preheat electric skillet to 425 degrees.

Season chicken thighs lightly with salt and pepper. When pan is preheated and very hot, add the chicken (skin side down). Cook until golden brown on one side, 6-8 minutes. Turn the chicken and reduce heat to 250 degrees. Season with a little more salt and pepper and cover. Cook until chicken is just cooked through, 3-4 minutes. Transfer chicken to plate and cover to keep warm. Increase temperature to 400 degrees.

Meanwhile, combine cannellini beans and chicken broth in a skillet over high heat. Stir in marinated artichokes, sun-dried tomatoes, black olives, balsamic vinegar, oregano, onion powder, and thyme. Bring to a boil for a minute or 2. Just before ready to serve, fold in the spinach or arugula. Toss and drizzle with extra virgin olive oil. Season to taste. Place chicken in 4 bowls and smother with white bean medley. Garnish with feta if desired.

Serves 4