



Easy Roasted Chicken Breasts w/Tomatoes & White Beans Advanced Lifestyle

INGREDIENTS

- 2 bone-in, skin-on chicken breasts (about 2 1/4 lb.)
- 1 TSP black pepper
- 2 TSP kosher salt, divided
- 2 TBS extra-virgin olive oil
- 2 pints cherry tomatoes
- 2 (15-oz.) cans cannellini beans, drained and rinsed
- 1 cup pitted Castelvetrano olives
- 1 TSP lemon zest (from 1 lemon)
- 1 TSP chopped fresh rosemary leaves

INSTRUCTIONS

—Preheat oven to 425°F. Pat dry chicken breasts, and cut breasts in half crosswise. Season breast pieces evenly with pepper and 1 TSP of the salt. Set aside.

—Stir together olive oil, tomatoes, beans, olives, lemon zest, rosemary, and remaining 1 TSP salt in a 13- x 9-inch baking dish. Place seasoned chicken breast pieces, skin side up, on tomato mixture. Bake in preheated oven until chicken is cooked through and chicken skin is golden brown and crispy, about 50 minutes, stirring vegetables once halfway through.

SERVING INFO: (Serves 4)

1/2 chicken breast + 1-1/2 cups veggie/beans mix = 1 P, 2 V, 1/2 FT

See photo of this recipe at [Instagram](#) and [Facebook](#)