



**Cassoulet-Style Chicken Thighs** Provided by EatingWell.com



Classic cassoulet recipes can take days to make and of course contain rashers of duck, smoked meats and the like. This version keeps it simple and not quite so rich with one skillet, healthier ingredients like low-fat kielbasa, and just 45 minutes to prepare.

- **INGREDIENTS**
- 2 15-ounce c white beans, rinsed
- 3/4 cup fresh whole-wheat breadcrumbs, (see Tip)
- 2 tablespoon extra-virgin olive oil, divided
- 1 pound boneless, skinless chicken thighs, trimmed of fat and cut into thirds
- 1 large onion, chopped
- 6 cloves garlic, roughly chopped
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1/2 teaspoon freshly ground pepper
- 1/2 cup dry white wine
- 1/2 cup reduced-sodium chicken broth
- 1/2 cup water
- 1/2 pound low-fat turkey kielbasa, sliced into 1/2-inch pieces
- 2 tablespoon finely chopped parsley

**COOKING DIRECTIONS**

Step 1: Put 1/2 cup beans in a small bowl and mash with a fork. Add the remaining beans and set aside.

Step 2: Toss breadcrumbs with 1 tablespoon oil in a small bowl. Heat a large skillet over medium-high heat. Add the breadcrumbs and cook, stirring often, until golden and crisp, 2 to 3 minutes. Transfer to a plate and set aside.

Step 3: Heat the remaining 1 tablespoon oil in the skillet over medium heat. Add chicken in a single layer and cook until browned, turning once, 2 to 3 minutes per side. Transfer to a plate.

Step 4: Add onion and garlic to the skillet and cook, stirring occasionally, until the onion is softened, about 5 minutes. Add rosemary, thyme and pepper and cook, stirring, until fragrant, about 30 seconds. Add wine, increase heat to high and cook, stirring with a wooden spoon to scrape up any browned bits, until the wine has reduced by about half, 1 to 2 minutes. Add broth, water, kielbasa, the reserved beans and chicken; bring to a boil. Reduce heat, cover and simmer until the chicken is cooked through, 3 to 5 minutes. Top with the toasted breadcrumbs and parsley.



**MAKE AHEAD TIP**

Cover and refrigerate for up to 3 days.

**RECIPE TIP**Tip: To make fresh breadcrumbs: Trim crusts from firm sandwich bread. Tear bread into pieces and process in a food processor into coarse crumbs. One slice of bread makes about 1/3 cup crumbs.

Serves 6 - Prep Time 40 min. - Total Time 45 min.

**NUTRITION INFO**

Per serving

Calories: 370 Carbohydrates: 40g Fat: 13g Protein: 29g Dietary Fiber: 10g Saturated Fat: 3g Monounsaturated Fat:

6gCholesterol: 68mg Potassium: 631mg Sodium: 749mg

Exchanges: 2 starch, 1 vegetable, 4 lean meat

Carbohydrate Servings: 1