

Braised Chicken with Escarole and White Beans
(serves 4)

1 T olive oil
1 shallot sliced
1 T sliced garlic
4 6 oz. chicken breast cut into strips
1 cup white beans cooked
1 head of escarole
1/4 cup dry white wine (or balsamic vinegar)
2 T chopped black olives
1/2 C chicken stock or water
1 cup brown rice (cooked with 2 1/2 Cups water)
1/4 cup roasted red peppers-chopped
2 T chopped basil
S and P to taste

1. In large pan over medium high heat add olive oil, top with garlic and shallot and cook 3-4 minutes until tender.
2. Add chicken and stir for 4-5 minutes until chicken is slightly browned on outside but not cooked entirely through.
3. Add escarole to pan and toss with chicken. Add olives, white beans and white wine and cook 2-3 minutes, top off with chicken stock, cover and cook 5 minutes, or until escarole is tender, chicken is firm to the touch and liquid is reduced to a glaze.
4. Add red pepper and chopped basil, TASTE and serve over brown rice.