

## Grilled Chicken and White Bean Ragout (serves 4)

4 boneless and skinless chicken breasts  
2 T olive oil  
Grated zest of 1 lemon  
3/4 C fennel (large dice)  
3/4 C carrots (large dice)  
2 T kalamata olives chopped  
1 1/2 C cooked white beans  
2 C spinach  
1/4 C chicken stock or water  
4 T chopped basil  
1/2 fresh lemon  
S and P to taste

1. Season the chicken breast with salt, pepper and lemon zest and drizzle with 1 T olive oil. Grill on medium heat for 3 minutes on each side or until firm and cooked.
2. In large sauté pan over medium heat add remaining olive oil and cook fennel for 1-2 minutes. Add carrots and cook an additional 2-3 minutes.
3. Add chicken stock and cook until liquid has dissipated. Add white beans and toss till hot. Remove from heat and gently stir in spinach.
4. Add basil and season to TASTE.
5. Slice chicken and serve over bean ragout. Squeeze fresh lemon juice over chicken for added flavor.