

Low-Point Tuscan Chicken

Ingredients:

- 1 lb. boneless, skinless, chicken breasts
- 1/8 tsp. kosher salt
- 1/4 tsp. pepper
- 3 slices of bacon
- 1/2 cup onions, chopped
- 1/4 tsp. garlic powder
- 1/4 tsp. rosemary
- 1, 15 oz. can white beans (Navy, Cannellini or other), drained and rinsed (I had Garbonzo beans on hand that I used)
- 1, 15 oz. can diced tomatoes, undrained

Cook bacon until crispy. Reserve bacon drippings in a skillet and set bacon aside. Add chicken to skillet with bacon drippings and cook for 2 minutes on each side until slightly browned. Remove chicken and set aside. Add onions, salt, pepper, and garlic to bacon drippings. Saute' until onions start to brown. Return chicken and add rosemary, beans, tomatoes and bacon (breaking up bacon into small pieces before adding). Simmer chicken mixture for 15 minutes or until done. Spoon into a serving dish and sprinkle a little fat-free feta cheese crumbles or mozzarella shredded cheese on top. Enjoy!

Total servings = 8

Serving size = 1

Points per serving = 3.2

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)