

Tuscan Chicken & Green Lentil Stew

with Goat Cheese



In this comforting cold-weather recipe, we're serving Tuscan-spiced chicken over tender green lentils and vegetables cooked in a light, savory tomato broth. Capers and crushed red pepper add briny flavor and a touch of heat to cut through the rich, earthy stew. (Chefs, rinsing the lentils after cooking removes excess starch, resulting in a more delicate flavor.)

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2 Boneless, Skinless Chicken Breasts

2 Carrots

1 Red Onion

2 cloves Garlic

½ cup French Green Lentils

1 bunch Collard Greens

2 Tbsps Tomato Paste

¼ tsp Crushed Red Pepper Flakes

1 Tbsp Capers

1 Tbsp Apple Cider Vinegar

2 Tbsps Crumbled Goat Cheese

1 Tbsp Tuscan Spice Blend (Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary, & Ground Sage)

tried-and-true

kitchen tools

[Stainless Steel Strainer](#)

A stainless steel strainer is a handy tool for quinoa. It's great for draining grains and pastas (not to mention small fruits and vegetables after washing) and straining stocks and gravy. Lightweight and sturdy, it's constructed with a double-fine mesh.



How To: Separate Leafy Greens from the Stems

Check out this simple trick for separating the stems and leaves of one of our favorite ingredients: kale. You won't even need a knife!

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Heat a medium pot of salted water to boiling on high. Once boiling, add the **lentils** and cook, uncovered, 27 to 29 minutes, or until tender. Drain thoroughly and rinse under warm water 30 seconds to 1 minute, or until the water runs clear.



2 Prepare the ingredients:

While the lentils cook, wash and dry the fresh produce. Peel and thinly slice the **onion**. Peel and roughly chop the **garlic**. Peel and medium dice the **carrots**. Roughly chop the **capers**. Remove and discard the stems of the **collard greens**; roughly chop the leaves.



While the lentils continue to cook, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **half the spice blend**. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 5 to 7 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



4 Cook the vegetables:

Add the **sliced onion**, **chopped garlic**, and **diced carrots** to pan of reserved fond; season with salt and pepper. (If the pan seems dry, add 2 teaspoons of olive oil.) Cook on medium-high, stirring frequently, 4 to 5 minutes, or until softened and fragrant. Add the **tomato paste**, **chopped capers**, **remaining spice blend**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until dark red and fragrant. Add the **chopped collard greens** and **2 cups of water**; season with salt and pepper. Cook, stirring occasionally and scraping up any fond, 8 to 9 minutes, or until the collard greens have wilted and the liquid has thickened. Turn off the heat.



6 Slice the chicken & serve your dish:

Slice the **cooked chicken** crosswise. Add the **cooked lentils** and **vinegar** to the pan of **cooked vegetables**. Stir to combine. Season with salt and pepper to taste. Serve the finished lentils and vegetables topped with the sliced chicken. Garnish with the **cheese**. Enjoy!