

Skillet-Roasted Chicken Breasts with Garlicky Green Beans

<https://www.americastestkitchen.com/recipes/11316-skillet-roasted-chicken-breasts-with-garlicky-green-beans>

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4 bone-in split chicken breasts (10- to 12-ounce) trimmed

2 1/4 teaspoons kosher salt, divided

Vegetable oil spray or duck fat spray

3 garlic cloves, sliced thin

1/4 teaspoon red pepper flakes

1 1/4 pounds green beans, trimmed

1/3 cup water

1 1/2 ounces Parmesan cheese, shredded (1/2 cup)

Yield: 4 servings

Per Serving (excluding unknown items): 47 Calories; trace Fat (5.2% calories from fat); 3g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1311mg Sodium; 5g Total Sugars; 0mg Vitamin D; 58mg Calcium; 2mg Iron; 310mg Potassium; 57mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 4

Start to Finish Time: 1 hour 15 minutes

1. Adjust oven rack to lower-middle position and heat oven to 325°F.

Working with one breast at a time, use your fingers to carefully separate skin from meat. Peel back skin, leaving skin attached at top and bottom of breast and at ribs. Sprinkle 1 1/2 teaspoons salt evenly over chicken (3/8 teaspoon per breast). Lay skin back in place. Using metal skewer or tip of paring knife, poke 6 to 8 holes in fat deposits in skin of each breast. Spray skin with oil spray.

2. Place chicken, skin side down, in 12-inch ovensafe skillet and set over medium-high heat. Cook, moving chicken as infrequently as possible, until skin is well browned, 7 to 9 minutes.

3. Carefully flip chicken and transfer skillet to oven. Roast until chicken registers 160 degrees, 25 to 30 minutes. Start checking the temp after 20 minutes to make certain you don't overbake it. Stick the probe in from the side, but deep into the breast.

4. Transfer chicken to plate; do not discard liquid in skillet. Add garlic, pepper flakes, and remaining 3/4 teaspoon salt to skillet and cook over medium-high heat, stirring occasionally and scraping up any browned bits, until moisture has evaporated and mixture begins to sizzle, 2 to 4 minutes. Add green beans and water and bring to simmer. Cover skillet, reduce heat to medium, and cook until green beans are tender, 8 to 10 minutes, stirring halfway through cooking. Uncover and continue to cook, stirring frequently, until sauce begins to coat green beans, 2 to 4 minutes longer. Add any accumulated chicken juices to skillet and toss to combine. Season with salt to taste. Transfer green beans to serving platter and sprinkle with Parmesan. Top with chicken and serve.