

One-Pan Baked Chicken with Tomatoes & White Beans: Healthy & Flavorful

Baked Chicken and Cherry Tomatoes with White Beans



OVEN
400°F

TIME
25-30 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

1.5 lbs boneless, skinless chicken breasts or thighs, cut into 1-inch pieces
1 pint cherry tomatoes, halved (about 2 cups)
1 (15 oz) can cannellini beans (white kidney beans), rinsed and drained
2 tablespoons olive oil
2 cloves garlic, minced
1 tsp dried oregano
½ tsp dried thyme
Salt and black pepper, to taste
Optional: ½ cup chicken broth (if sauce is desired)
Optional: Fresh basil or parsley, chopped (for garnish)
Optional: Lemon wedges for serving

DIRECTIONS

- 1.** 1. Preheat Oven & Prepare Ingredients: Preheat your oven to 400°F (200°C). Cut the 1.5 lbs boneless, skinless chicken breasts or thighs into uniform 1-inch bite-sized pieces. Halve the 1 pint cherry tomatoes. Rinse and drain the 1 (15 oz) can cannellini beans. Mince the 2 cloves garlic.
- 2.** 2. Combine All Ingredients in Baking Dish: In a large 9x13-inch baking dish (or a similar size that allows ingredients to be in a single layer), combine the chicken pieces, halved cherry tomatoes, and rinsed and drained cannellini beans. Drizzle with 2 tablespoons olive oil. Add the 2 cloves minced garlic, 1 teaspoon dried oregano, and ½ teaspoon dried thyme. Season generously with salt and black pepper to taste. Toss everything together directly in the baking dish until all the ingredients are evenly coated with the oil and seasonings. If using, pour in the ½ cup chicken broth at this stage.
- 3.** 3. Bake to Perfection: Spread the mixture in a single, even layer in the baking dish. Place the baking dish in the preheated oven. Bake for 25-30 minutes, or until the chicken is cooked through (internal temperature reaches 165°F / 74°C), the tomatoes are burst and softened, and the beans are tender. The chicken should be lightly browned.
- 4.** 4. Garnish & Serve: Remove the baking dish from the oven. If desired, garnish with fresh chopped basil or parsley, and serve with fresh lemon wedges for squeezing. Serve immediately as a complete and flavorful meal.

SWAPS & NOTES

Chicken: Both boneless, skinless chicken breasts or thighs work perfectly.

Cut into uniform 1-inch pieces for even cooking.

Cherry Tomatoes: Cherry or grape tomatoes are ideal as they burst and create a natural sauce.

Cannellini Beans: Cannellini beans (white kidney beans) are creamy and hearty.

TIPS FOR SUCCESS

Uniform Chicken Pieces: Cut chicken into similar-sized pieces for even cooking.

Don't Overcrowd: Ensure ingredients are in a single layer in the baking dish for even cooking and browning.

Don't Overcook Chicken: Chicken breasts can dry out quickly.

Cook just until they reach 165°F (74°C).

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/one-pan-baked-chicken-with-tomatoes-white-beans-healthy-flavorful/>