



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Bistro Braised Chicken

Adapted from Cooking Light

8 each bone-in chicken thighs, skin removed
1/2 tsp salt and 1/4 tsp black pepper
1 tbsp olive oil
2 cloves garlic, minced
28 oz low sodium chicken stock
1 cup white wine
1 pound baby red potatoes, scrubbed and cut in half
1/2 pound carrots, peeled and cut into 1" chunks
1 tsp fresh thyme, minced (or 1/3 tsp dried thyme)
1 tbsp butter
1 tbsp flour

Instructions:

Heat a large saucepan or stockpot on medium high heat. Season chicken with salt and pepper. Add olive oil to pan and then add chicken pieces. Let chicken cook undisturbed in the pan for about 5 minutes or until its bottom side is golden brown. Turn chicken and cook an additional 5 minutes; remove from pan and place on a plate (chicken will not be fully cooked).

Add garlic to pan and cook 1-2 minutes. Add the stock and, using a whisk, scrape any brown bits from the bottom of the pan to incorporate into the stock. Add wine, potatoes, carrots, and thyme. Place chicken back in the pan and bring to a boil. Reduce heat, cover, and simmer for about 20 minutes, or until the chicken reaches 165 degrees.

Meanwhile, mix butter and flour together. When the chicken is fully cooked, remove it from pan* and add the butter and flour mixture to pan; whisk for a few minutes until mixture thickens slightly.

Notes:

*If you are planning on leftovers, keep the remaining chicken in the braising liquid so that it stays moist.

Yield: 4 servings (2 thighs with braising liquid spooned over the chicken and about 2/3 cup vegetables)



NUTRITION INFORMATION PER SERVING:

| | | |
|-------------------------------|---------------------------|-----------------------|
| CALORIES: 440 calories | PROTEIN: 25 g | SODIUM: 460 mg |
| | CARBOHYDRATE: 22 g | FIBER: 3 g |
| | FAT: 14 g | Sat Fat: 4 g |

MAKE IT A MEAL:

Protein and starchy vegetable: 1 serving of braised chicken and vegetables

Starch: 1/2 whole wheat pita (70 calories)

Vegetable: 2 cups salad greens tossed with balsamic vinegar and 1/2 tbsp olive oil (75 calories)

GROCERY SHOPPING LIST

Garlic cloves, 2 each

Baby red potatoes, 1 pound

Carrots, 1/2 pound

Fresh thyme

Salad greens

8 pieces bone-in chicken thighs, raw

Whole wheat pita

Condiment Pantry: salt; pepper; olive oil; butter; flour; vinegar; chicken stock (low sodium); white wine

USE OF LEFTOVERS

-Toss whole wheat pasta with leftover braising liquid and vegetables. Shred leftover chicken and add to pasta, along with some thawed frozen peas; top with parmesan cheese for a quick weeknight meal.