

BISTRO BRAISED CHICKEN

Adapted from Cooking Light

Ingredients

- 8 bone-in chicken thighs, skin removed
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 28 ounces low-sodium chicken stock
- 1 cup white wine
- 1 pound baby red potatoes, scrubbed and cut in half
- ½ pound carrots, peeled and cut into 1-inch chunks
- 1 teaspoon fresh thyme or 1/3 teaspoon dried thyme
- 1 tablespoon butter
- 1 tablespoon 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 to 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.

Yield: 4 servings (2 thighs with braising liquid and a scant cup of vegetables)

NUTRITION FACTS PER SERVING

CALORIES: 440

PROTEIN: 25 grams

SODIUM: 460 milligrams

CARBOHYDRATE: 22 grams

FIBER: 3 grams

FAT: 14 grams

SATURATED FAT: 4 grams