

# LEMON OLIVE CHICKEN

ADAPTED FROM COOKING LIGHT

/ serves 4-6 /

## Ingredients

6-10 SKINLESS, BONELESS CHICKEN THIGHS

¼ CUP ALL-PURPOSE FLOUR (OR GLUTEN FREE FLOUR)

½ TEASPOON SALT

¼ TEASPOON FRESHLY GROUND BLACK PEPPER

¼ TEASPOON GROUND TURMERIC

2 TEASPOONS OLIVE OIL

2 CUPS CHOPPED ONION (ABOUT 2 MEDIUM OR 1 LARGE)

1 TEASPOON MINCED PEELED FRESH GINGER

2 GARLIC CLOVES, MINCED

1 CUP FAT-FREE, LESS-SODIUM CHICKEN BROTH

¼ CUP MANZANILLA OLIVES, HALVED PLUS A LITTLE OF THE JUICE

2 TEASPOONS GRATED LEMON RIND

1 (3-INCH) CINNAMON STICK

2 TABLESPOONS CHOPPED FRESH CILANTRO

**STEP ONE** Dredge chicken in flour; sprinkle with salt, black pepper, and turmeric. Heat olive oil in a large Dutch oven over medium-high heat. Add chicken; cook for 3 minutes on each side or until lightly browned. Remove from pan.

**STEP TWO** Add onion, ginger, and garlic to pan; sauté 5 minutes or until tender. Return chicken to pan. Add broth, olives, rind, and cinnamon stick; bring to a boil. Cover, reduce heat, and simmer 1 hour or until chicken is tender. Add greens until wilted. Discard the cinnamon stick; stir in cilantro. Serve over quinoa.



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