



Denise's Braised Chicken

Serves 6

1 Tbsp. olive oil
2 celery stalks, diced
2 garlic cloves, minced
3 Tbsp. whole wheat or all-purpose flour
¼ tsp. ground black pepper
Six 4-oz skinless, boneless chicken breasts
1 Tbsp. olive oil
14 1/2 oz can diced tomatoes, no salt added
1 C. low-sodium chicken broth
½ C. dry white wine (or chicken broth)
2 + Tbsp. minced parsley 1 tsp. dried thyme leaves

2 onions, chopped
1 carrot diced

- Preheat oven to 325°
- Over medium heat, put olive oil in large non stick skillet. Add onions, carrot, celery and garlic. Cook stirring as needed until softened about 5 minutes.
- Transfer the vegetables to a 3-quart Dutch oven or casserole.
- Combine flour and pepper in a large, gallon-sized zip lock plastic bag. Add chicken and shake to coat.
- In skillet heat olive oil and add the chicken and brown 2 minutes on each side. Arrange the chicken on top of the vegetables. Return the skillet to the heat; add tomatoes, broth, wine (optional), parsley and thyme. Cook, scraping up the browned bits from the bottom of the skillet, until the liquid comes to a boil; pour over the chicken. Bake, covered, until the chicken is cooked through and the vegetables are tender, about 1 hour. Serve, sprinkled with additional minced parsley.

Recipe adapted from Simply the best, weight watchers. Macmillan publishers.

Nutritional Information:

Calories: 232 Total Fat: 6g Saturated Fat: 1g
Sodium: 121mg Carbohydrates: 12g Fiber: 2g
Protein: 29g