Bistro Chicken Stew

NUTRIENT ANALYSIS

Calories	363
Protein	40 g
Carbohydrate	37 g
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	96 mg
Fiber	6 g
Sugars	0 g
Sodium	340 mg

Each serving counts as 1 protein, 1 nonstarchy vegetable, and 1 fruit.

This classic French dish, refitted for high-level nutrition, showcases it all: chicken, vegetables, and fruit. The result is a main meal that delivers nutrition payoffs of high protein and high fiber. Fiber, of course, is the substance in fruits and vegetables that has been cited as a possible preventative for obesity, heart disease, diabetes, and some cancers.

4 servings

2 teaspoons olive oil
8 small skinless and boneless chicken thighs
    (about $1\frac{1}{4}$ pounds), halved
1 small onion, chopped, or $\frac{1}{3}$ cup frozen chopped onion
12 ounces button mushrooms, brushed of dirt and thickly sliced
18 baby carrots (about 8 ounces)
20 pitted prunes (about 4 ounces)
2 teaspoons dried thyme
1 teaspoon dried rosemary
$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon freshly ground black pepper
$\frac{1}{2}$ cup no-salt, fat-free chicken broth
2 teaspoons whole-wheat flour

1. Heat the oil in a large skillet or high-sided sauté pan set over medium heat. Add the chicken and cook until brown, turning once, about 2 minutes. Transfer to a plate.

2. Add the onion to the pan and cook, stirring, until softened, about 2 minutes. Add sliced mushrooms and continue cooking, stirring occasionally, until they have given off their liquid, about

3 minutes. Add the carrots, prunes, thyme, rosemary, salt, and pepper and cook until fragrant, about 1 minute. Finally, pour in the broth, scraping up any browned bits from the bottom of the pan.

3. Return the chicken and any accumulated juices to the pan. Bring the mixture to a simmer, stir well, cover, and reduce heat to low. Simmer, stirring occasionally, until the chicken is cooked through and the sauce is thickened somewhat, about 25 minutes.

4. Uncover and sprinkle whole-wheat flour over the ingredients. Stir well, then cook just until thickened, about 30 seconds. Serve at once.