

Spring Vegetable Stew With Chicken

EASY | RECIPE

2 tbsp olive oil

4 (4-oz) boneless, skinless chicken breasts,
cut bite-size

1 cup baby carrots, cut bite-size

2 cups leeks, white part only, coarsely chopped

2 tsp minced garlic

1 cup fresh artichoke hearts (6-7), quartered*

3 cups low-sodium vegetable broth

1 tbsp fresh thyme, chopped (or ½ tsp dried)

1 cup freshly shelled (or frozen) green peas

1 medium lemon, juiced

Fresh ground pepper to taste

* You can use canned or bottled artichoke
hearts packed in water to avoid added sodium.



1] In a large pot, heat oil over medium temp. Add chicken and cook 10 minutes.

2] Add carrots, leeks and garlic and cook 5 minutes.

3] Add artichoke hearts, broth and thyme; cover and simmer 30 minutes or until carrots are fork tender.

4] Stir in peas and lemon juice and simmer 10 minutes. Season with fresh ground pepper. Options: Add 1-2 cups baby spinach leaves when you add peas.



MAKES 4 2-cup servings. Per serving:

316 calories | 36g protein | 10.7g fat | 2g sat fat | 87mg cholesterol | 18g carbs
| 5.5g sugar | 6.2g fiber | 205mg sodium

