

Spring Vegetable Stew with Chicken

EASY | RECIPE

2 tbsp extra-virgin olive oil
4 boneless, skinless chicken breasts (about 1 lb), bite-size pieces
1 cup baby carrots, bite-size pieces
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; choose water-packed to avoid added sodium.

1. In a large soup pot, heat oil over medium temp. Add chicken and stir-fry 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 | 18g carbohydrates | 5.5g sugar | 6.2g fiber | 205mg sodium

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