



## Nutrition Facts

Per Serving\*

**Calories** 358

**Total Fat** 5.6 g

Saturated Fat 1.1 g

**Cholesterol** 82.2 mg

**Sodium** 484.3 mg

**Total Carbohydrates** 33.3 g

Dietary Fiber 10.4 g

Sugars 9.8 g

**Protein** 40.1 g

Vitamin A 71%

Vitamin C 123%

Iron 16%

\* Based upon a 2,000-calorie diet

# Mediterranean Chicken Stew

Makes 4 servings

## Ingredients

- 1 teaspoon extra virgin olive oil
- 4 chicken breasts, cut in half
- ½ cup onion, diced
- 1 green bell pepper, diced
- ½ cup carrot, diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 1 tablespoon Greek oregano
- 28 ounces fresh red tomatoes, finely chopped or crushed by hand
- 6 ounces chickpeas
- 1 orange, juiced
- Pinch of chili flakes
- ⅔ teaspoon kosher salt
- 2 tablespoons black olives, chopped
- ½ bunch fresh flat-leaf parsley

## Instructions

1. Season chicken with salt and set aside. Heat a sauté pan on medium and add olive oil.
2. Add chicken and sear until golden brown and turn over.
3. After browning on both sides, remove chicken. Add onion, bell pepper, celery, and carrot. Cook for about 5 minutes until onion becomes translucent.
4. Add garlic and cook for 3 minutes.
5. Add oregano, tomato, and chickpeas. Allow to simmer for 10 minutes.
6. Add remaining ingredients and taste for seasoning. Add chicken back to pot and simmer for another 5 to 10 minutes until chicken is cooked through.

Serve with whole-wheat couscous, steamed vegetables, and green salad.

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and Dietetics**

Recipe reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics

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