



WHATSheATE



HEALTH SCORE

51%

Braised Chicken with Artichokes and Olives



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



921 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaves



4 servings pepper black freshly ground



1 cup garbanzo beans mixed with a spritz of lemon juice and a pinch of salt canned rinsed drained



1 ground cinnamon



2 tablespoons mint leaves fresh chopped



8 artichoke hearts frozen jarred thawed quartered (see note)



3 cloves garlic thinly sliced



0.5 cup olive green such as picholine or manzanilla pitted

- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons juice of lemon freshly squeezed
- ☐ 2 teaspoons lemon zest grated
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 pinch pepper red generous
- ☐ 4 servings sea salt
- ☐ 5.5 pounds chicken thighs boneless skinless organic trimmed
- ☐ 1 teaspoon turmeric
- ☐ 1 onion diced yellow

Equipment

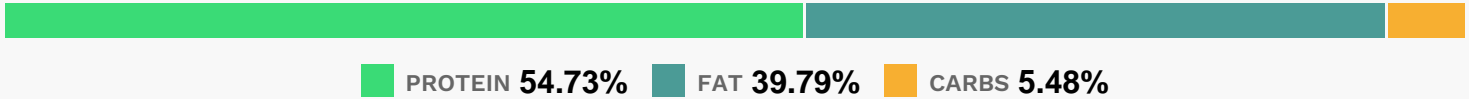
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Pat the chicken dry and season salt and pepper.
- ☐ Heat the olive oil in a Dutch oven or heavy soup pot over medium-high heat.
- ☐ Add the chicken, working in batches if necessary, and cook until well browned on each side, about 3 minutes per side.
- ☐ Transfer to a plate.
- ☐ Decrease the heat to medium.
- ☐ Add the onion and a pinch of salt and sauté until soft and slightly golden, about 5 minutes.
- ☐ Add the garlic and sauté for 1 minute.
- ☐ Add the turmeric, cumin, coriander, red pepper flakes, cinnamon stick, and bay leaf and cook, stirring constantly, until fragrant, about 1 minute.
- ☐ Pour in 1/4 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot. Stir in a pinch of salt and cook until the liquid is reduced by half. Stir in the remaining 1 3/4 cups of broth, the lemon zest, and 2 tablespoons of the lemon juice. Decrease the heat to medium-low, cover, and simmer for 15 minutes.

- ☐ Add the chicken, chickpeas, artichoke hearts, and olives and stir gently to combine. Increase the heat to medium-high and simmer uncovered, stirring occasionally, until the chicken is heated through, about 5 minutes. Stir in the remaining tablespoon of lemon juice. Taste; you may want to add another squeeze of lemon juice or pinch of salt.
- ☐ Garnish with the mint.
- ☐ The artichokes hearts can be fresh, frozen and thawed, or packed in water in a jar. Whichever type you use, rinse them well. If using fresh artichoke hearts, add them right after adding the garlic.Variation: This dish would work well using a firm white fish, such as 1 pound halibut, cut into 4 ounces pieces, in place of the chicken. Begin the recipe by sautéing the onion. Proceed as directed, but substitute vegetable broth, homemade or store-bought, for the chicken broth.
- ☐ Add the fish during the last 5 minutes of cooking.Who Knew? Digestion begins long before you put food in your mouth. According to nutrition expert Kathie Madonna Swift, MS, RD, LDN, our other senses, notably smell and sight, can jump-start the production of saliva and enzymes that promote better digestion. This so-called cephalic digestion—cephalic being Greek for "in the head"—explains why the appearance and aroma of food goes beyond mere aesthetics. According to Swift, attractive presentation, pleasing odors, and a relaxed mood improve digestion. So do yourself a favor and set the table with attractive dinnerware and light a candle or two.
- ☐ PER SERVING: Calories: 395; Total Fat: 21.5 g (5 g saturated, 12 g monounsaturated); Carbohydrates: 16 g; Protein: 33.5 g; Fiber: 3.5 g; Sodium: 498 mg
- ☐ The Longevity Kitchen
- ☐ Katz.com for more information.Mat Edelson is an award-winning science, health, and sports writer. He is the former anchor/director of the Johns Hopkins Health Newsfeed, a nationally syndicated daily radio program. This is the third book he has co-authored with Rebecca Katz. Edelson resides in Baltimore, Maryland.

Nutrition Facts



Properties

Glycemic Index:36.08, Glycemic Load:2.32, Inflammation Score:-10, Nutrition Score:43.891739119654%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 921.38kcal (46.07%), Fat: 39.79g (61.21%), Saturated Fat: 8.35g (52.21%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 8.29g (3.02%), Sugar: 1.65g (1.83%), Cholesterol: 592.51mg (197.5%), Sodium: 1130.9mg (49.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 123.13g (246.25%), Selenium: 142.54µg (203.63%), Vitamin B3: 35.11mg (175.53%), Vitamin B6: 3.06mg (153%), Phosphorus: 1219.63mg (121.96%), Vitamin B5: 7.69mg (76.93%), Vitamin B2: 1.14mg (66.86%), Vitamin B12: 3.99µg (66.53%), Zinc: 9.95mg (66.33%), Potassium: 1701.84mg (48.62%), Magnesium: 166.53mg (41.63%), Vitamin B1: 0.6mg (40.33%), Manganese: 0.76mg (38.23%), Iron: 6.4mg (35.55%), Vitamin K: 25.34µg (24.13%), Copper: 0.47mg (23.71%), Vitamin E: 3.36mg (22.39%), Fiber: 4.04g (16.14%), Folate: 49.09µg (12.27%), Vitamin C: 9.57mg (11.6%), Calcium: 112.87mg (11.29%), Vitamin A: 348.62IU (6.97%)