



# Pan Seared Chicken with Tender Leek, Lemon Rice Pilaf, and Whatever Your Garden Grows Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



843 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups arugula leaves shredded
- 1 tablespoon butter
- 1 teaspoon dijon mustard
- 0.5 cup cooking wine dry white
- 1 cup cooking wine dry white
- 1 handful flat-leaf parsley chopped

- 0.3 pound green beans fresh (a couple of handfuls from produce bins)
- 0.5 juice of lemon juiced
- 2 leeks
- 1 lemon zest
- 1.5 cups rice long grain
- 0.3 cup olive oil extra-virgin
- 1 tablespoon olive oil extra-virgin (1 turn around the pan in a slow stream)
- 2 tablespoons olive oil extra-virgin (2 turns around the pan)
- 2 tablespoons tarragon and/or parsley fresh chopped
- 1 bell pepper red cut into thin strips
- 4 servings salt and pepper
- 4 servings salt and pepper black freshly ground
- 2 scallions cut into on a diagonal
- 1 large shallots finely chopped
- 24 ounce chicken breasts boneless skinless
- 4 servings slivered almonds toasted for garnish
- 2 tablespoons tarragon vinegar (a couple of 1 tablespoones)
- 3 sprigs thyme leaves fresh chopped
- 1 cup water
- 0.3 pound turtle beans fresh (a couple of handfuls from produce bins)
- 1 small baby squash yellow cut into strips
- 14 ounce can

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- pot

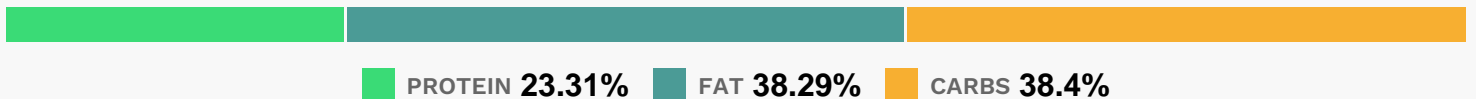
- stove
- colander

## Directions

- Trim leeks of tough green ends and roots. Split leeks lengthwise, then cut across into 1/2-inch slices.
- Place sandy slices of leeks into a large bowl filled with cold water. Separating the layers of each slice to free the grains of sand. Allow the sand to settle to the bottom of the bowl. With your hands, gently lift the leeks out of the water leaving the sand and dirt behind.
- Place the leeks within arm's reach of the stovetop.
- Heat a large nonstick skillet over medium high heat. Season chicken breasts with salt and pepper.
- Add olive oil to skillet to coat the pan, then add chicken breasts. Brown chicken breasts 3 to 4 minutes on each side, then transfer to a plate.
- Add a little more oil to the pan, then pour in leeks.
- Saute leeks 5 minutes, until soft and translucent.
- Add 1 cup wine to the pan and nestle chicken breasts down into leeks. Reduce heat to simmer and cook chicken 5 to 7 minutes longer.
- To serve, remove chicken from pan and slice on an angle. Fan and arrange sliced chicken breasts over a bed of
- Sauteed leeks on each dinner plate or a warm serving platter.
- Serve with rice and salad.
- Pilaf: heat a medium saucepan or pot over moderate heat.
- Add oil and butter and shallots to the pan.
- Saute shallots 2 minutes, then add 1 1/2 cups rice. Lightly brown rice 3 to 5 minutes.
- Add wine and allow it to evaporate entirely, 1 to 2 minutes.
- Add thyme and chicken broth to the rice. Fill broth can half-again with water or, measure 1 cup water and add to pot. Bring liquid to a boil. Cover rice and reduce heat. Cook rice 20 minutes, until tender.
- Stir the zest of 1 lemon and parsley into rice.

- Transfer lemon rice to dinner plates or warm serving dish and garnish with toasted slivered almonds.
- Heat 3-inches of water in a deep skillet and heat to a boil.
- Add trimmed wax and green beans and julienne sliced yellow squash to the pot. Simmering vegetables in water for 2 minutes, add red peppers and simmer 1 minute longer. You want the vegetables to remain full of color and bite.
- Drain vegetables and cold-shock under running water in your colander.
- Place drained vegetables in a serving dish and combine with sliced scallions and shredded dark garden greens, such as spinach or arugula.
- Whisk together mustard, vinegar, and lemon juice.
- Add olive oil in a slow stream while whisking to get a nice emulsion of your dressing.
- Add herbs and pour dressing over the salad. Toss salad to combine flavors and coat your vegetables evenly.

## Nutrition Facts



## Properties

Glycemic Index:158.55, Glycemic Load:37.53, Inflammation Score:-10, Nutrition Score:41.716956817585%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

## Nutrients (% of daily need)

Calories: 843.26kcal (42.16%), Fat: 32.98g (50.74%), Saturated Fat: 6.34g (39.62%), Carbohydrates: 74.41g (24.8%), Net Carbohydrates: 69.47g (25.26%), Sugar: 7.02g (7.8%), Cholesterol: 118.37mg (39.46%), Sodium: 827.44mg

(35.98%), Alcohol: 9.27g (100%), Alcohol %: 1.64% (100%), Protein: 45.18g (90.37%), Vitamin K: 123.66µg (117.77%), Vitamin B3: 20.17mg (100.85%), Selenium: 66.8µg (95.43%), Vitamin B6: 1.77mg (88.61%), Vitamin C: 71.6mg (86.79%), Manganese: 1.42mg (70.76%), Phosphorus: 534.88mg (53.49%), Vitamin A: 2656.52IU (53.13%), Vitamin E: 5.38mg (35.86%), Potassium: 1243.73mg (35.54%), Vitamin B5: 3.55mg (35.48%), Folate: 123.84µg (30.96%), Magnesium: 121.93mg (30.48%), Vitamin B2: 0.42mg (24.86%), Iron: 4.11mg (22.85%), Fiber: 4.94g (19.75%), Copper: 0.38mg (19.06%), Vitamin B1: 0.28mg (18.92%), Zinc: 2.51mg (16.75%), Calcium: 135.43mg (13.54%), Vitamin B12: 0.37µg (6.1%), Vitamin D: 0.17µg (1.13%)