

Chicken and Mushroom Stew

Ingredients

½ lb. chicken thighs,
 boneless, skinless, diced
 and visible fat removed
 ⅜ tsp. thyme, divided
 ⅜ tsp. smoked paprika,
 divided
 ⅜ tsp. garlic powder, divided
 ⅜ tsp. onion powder, divided
 Olive oil spray
 1 large carrot, diced (about
 ¾ cup)
 1 large celery stalk, diced
 (about ½ cup)
 ½ large yellow onion, diced
 (about ½ cup)
 1¼ cups low-sodium
 chicken stock, divided
 4 oz. package of white
 mushrooms, sliced
 ½ small zucchini, diced
 (about ½ cup)
 ¾ cup frozen peas
 1 tbsp. cornstarch
 ¼ tsp. sea salt
 Zest from ½ lemon (about
 ½ tbsp.)
 ½ tbsp. lemon juice



Directions

1. Toss chicken thighs with ¼ teaspoon each thyme, paprika, garlic powder and onion powder. Heat a large pot over high heat for one minute. Spray with olive oil spray, then sauté chicken thighs for about two minutes, scraping brown bits with spatula. Remove chicken thighs from heat.
2. In same pot, spray olive oil spray, and sauté carrots, celery and onion about five minutes, scraping brown bits with spatula. Add about 1 tablespoon of stock, and scrape bottom of the pot to remove all brown bits so that they flavor the stew.
3. Add mushrooms and zucchini, and sauté for about three minutes.
4. Stir in peas and diced chicken thighs.
5. Dissolve cornstarch into remaining chicken stock, and pour over chicken and vegetables. Add in remaining ⅜ teaspoon each of thyme, paprika, garlic powder and onion powder. Season with salt, lemon zest and lemon juice.
6. Reduce heat to low, and cook for 30 minutes, stirring frequently.

Per Serving

Serves two. Each
 serving provides
 280 calories,
 5 g fat (1.5 g sat fat,
 0 g trans fat),
 110 mg cholesterol,
 550 mg sodium,
 25 g carbohydrate,
 9 g sugars, 6 g fiber
 and 32 g protein.