

Mediterranean Chicken Stew

- Yield: 4 Servings

Ingredients

- cooking spray
- 2 whole bone-in chicken breast (2 pounds total), skinned and cut into quarters
- 2 medium onions, sliced
- 2 large garlic cloves, minced
- 1 yellow or red bell pepper, seeded and chopped
- 1 teaspoon turmeric
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 2 pounds sweet potatoes, peel and cut into cubes
- 1 14.5 ounce can no-salt-added diced tomatoes, drained
- 2 tablespoons golden raisins
- 2 cups fat-free low-sodium canned chicken broth
- salt and pepper, to taste

Preparation

1. Lightly spray a covered non-stick pot with cooking spray. Add the chicken and brown over high heat for 2 minutes, turning chicken once. Lower the heat and transfer the chicken to a plate. Set aside.
2. Add all remaining ingredients to the pot except the reserved chicken pieces. Bring to a simmer and cook for 2 minutes.
3. Return the chicken to the pot, cover, and simmer for 30 to 40 minutes, until the chicken is barely falling off the bones.
4. Divide the sweet potatoes and chicken between 4 shallow soup plates. Raise the heat under the pot and reduce the sauce for 2 minutes, stirring constantly (this will thicken it). Pour some of the mixture over each serving; serve at once.

Calories: 429

Fat: 5g

Saturated fat: 1.3g

Protein: 39g

Carbohydrate: 58g

Fiber: 8g

Cholesterol: 90 mg

Sodium: 132mg

