

Chicken and Squash Stew with Wild Rice

(Makes 8 servings)

Ingredients:

- 8 skinless, bone in chicken thighs (about 2 pounds)
- 2 teaspoons extra virgin olive oil
- 4 medium carrots, cut into ½ inch pieces
- 6 celery ribs, cut into ½ inch pieces
- 3 garlic cloves, minced
- 1 white onion, diced
- 1 tablespoon dried oregano
- 2 teaspoons ground cumin
- Kosher salt, optional
- ½ teaspoon freshly ground pepper
- 2 pounds butternut squash, cut into 1 inch pieces
- 1 cup wild rice, well washed and drained
- 2 quarts fat-free, reduced-sodium chicken broth
- 1 bunch scallions, white parts and 2 inches of the green, minced
- 10 sprigs fresh cilantro, finely chopped

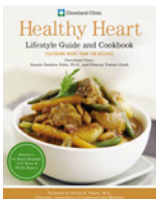
Directions:

- 1) Remove all visible fat from the chicken. Rinse and pat dry. Set aside.
- 2) In a Dutch oven, heat the oil over medium heat. Add the carrots, celery, garlic, and onion. Sauté until the vegetables soften but do not brown, 5 to 6 minutes. Add the oregano, cumin, salt (if using), and pepper. Cook another 3 to 4 minutes.
- 3) Add the chicken to the pot along with squash and rice. Gently stir. Pour in the chicken broth, making sure it covers all the pieces. Bring the mixture to a boil, then reduce the heat to a simmer. Cover and simmer for about 1 hour, until vegetables and rice are tender.
- 4) Meanwhile, combine the scallions and cilantro.
- 5) Ladle the stew into 8 shallow bowls, sprinkle with scallions and cilantro.
- 6) You can freeze any remaining stew.

Nutritional Analysis: (per serving)

- Calories: 270
- Fat: 5 g
- Saturated Fat: 1 g
- Sodium: 580 mg
- Protein: 23 g
- Carbohydrate: 35 g
- Sugars: 0 g
- Dietary Fiber: 7 g

Source:



“Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook”

This heart-healthy recipe and more than 150 others are available from the nation’s #1 heart center in the “Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook” (© 2007 Broadway Books). The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.

Go! Foods® for You Program



This recipe has been modified to meet Go! Foods® criteria.