

Moroccan Chicken Tagine with Apricots & Olives

Yum!

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★★★★★

2020, chicken, thighs, Eating Well, Moroccan, Velik Favorites

Prep Time: 30 mins Cook Time: 40 mins Difficulty: Easy

Servings: 6 Source: eatingwell.com

INGREDIENTS

2 tablespoons extra-virgin olive oil, divided

1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces

½ teaspoon salt, divided

1 large onion, chopped

1 lemon, zested and juiced, divided

1 tablespoon minced garlic

1 tablespoon grated fresh ginger

1 tablespoon tomato paste

2 teaspoons ras el hanout

2 cups unsalted chicken broth

1 (15 ounce) can no-salt-added chickpeas, rinsed

½ cup chopped dried apricots

½ cup pitted green olives, halved

½ cup toasted slivered almonds, divided

Fresh cilantro for garnish

DESCRIPTION

This healthy chicken stew is full of warming, spicy flavor thanks to ras el hanout, an aromatic Moroccan spice blend. You can find it in well-stocked grocery stores—or substitute 1/2 tsp. each ground cumin and ginger and 1/4 tsp. each ground cinnamon, coriander and allspice.

DIRECTIONS

Heat 1 tablespoon oil in a large pot over medium-high heat. Add chicken and season with 1/4 teaspoon salt. Cook, stirring occasionally, until lightly browned on all sides, about 5 minutes. Using a slotted spoon, transfer the chicken to a clean plate.

Add the remaining 1 tablespoon oil and onion to the pan. Cook, stirring occasionally and scraping up any browned bits, until the onion is soft and lightly browned, about 4 minutes. Stir in lemon zest, garlic, ginger, tomato paste and ras el hanout. Cook, stirring, until fragrant, about 30 seconds. Stir in broth, chickpeas, apricots, olives, 1/4 cup almonds and the chicken. Bring to a simmer and cook, stirring occasionally, until the chicken is cooked through and the sauce has thickened slightly, about 8 minutes.

Remove from heat and stir in lemon juice and the remaining 1/4 teaspoon salt. Serve topped with the remaining 1/4 cup almonds and cilantro, if desired.

NOTES

WW SmartPoints = 9 green, 6 blue, 6 purple,

NUTRITION

344 calories; 16.8 g total fat; 2.7 g saturated fat; 50 mg cholesterol; 473 mg sodium. 579 mg potassium; 26.9 g carbohydrates; 5.9 g fiber; 11 g sugar; 21.5 g protein; 627 IU vitamin a iu; 8 mg vitamin c; 17 mcg folate; 89 mg calcium; 3 mg iron; 67 mg magnesium

Crispy Sour Cream and Onion Chicken

Crispy Sour Cream and Onion Chicken

2020, chicken (boneless, skinless breast), New York Times Cooking, Velik Favorites

Cook Time: 35 minutes Servings: 4 servings Source: cooking.nytimes.com

INGREDIENTS

4 boneless, skinless chicken breasts, halved horizontally and pounded 1/8-inch thick, or use 4 chicken cutlets (don't split or pound)*see note

Kosher salt and black pepper

½ cup sour cream or Greek yogurt

¼ cup thinly sliced chives (or 1 tablespoon dried chives), plus more for serving

2 tablespoons onion powder

2 cups panko bread crumbs

1/2 cup canola oil, for frying

1 lemon, cut into wedges

DESCRIPTION

Picture sour cream and onion dip slathered on chicken cutlets, dredged in panko bread crumbs, and fried until crisp like a potato chip, and you'll envision this recipe. The marinade doesn't just deliver flavor here: The lactic acid in the sour cream also keeps the thin chicken breasts juicy. Shower the crispy chicken with fresh chives and lemon juice, or, if you crave something creamy for dunking, pair it with a dip of sour cream, lemon juice and chives.

DIRECTIONS

Pat chicken dry, and season both sides with salt and pepper.

In a medium bowl, stir together the sour cream, chives and 1

tablespoon onion powder. Season with salt and pepper. Add the chicken and turn to coat. (Chicken can sit in the marinade for up to 8 hours. Refrigerate, then let come to room temperature before cooking.)

In a shallow bowl or lipped plate, stir together the panko and remaining 1 tablespoon onion powder; season with salt and pepper.

Working one at a time, press the chicken breasts into the panko, using your fingers to pack the panko onto both sides of the chicken, and place on a large plate or a sheet pan.

Line a plate with paper towels. Heat 1/8-inch canola oil in a large skillet over medium-high. Drop a piece of panko in: If it sizzles, the oil's ready. Add a chicken cutlet (or two, if they can fit comfortably), and cook until golden brown, 3 to 5 minutes per side. Transfer to the paper towel-lined plate and sprinkle with salt. Repeat with remaining chicken, adding and heating more oil as needed, and removing excess panko from the pan with a slotted spoon.

Serve chicken with more chives and lemon wedges for squeezing.

NOTES

Melissa's notes – I used one 8 ounce chicken breast split in half for 2 servings when I made 1/4 of this recipe. If making 4 servings, I would use two 8 ounce chicken breasts split in half horizontally. I also used plain, non-fat greek yogurt – came out great!

Baked Chicken Parmesan

Baked Chicken Parmesan

2020, Chicken, chicken (boneless, skinless breast),
Skinnytaste, Velik Favorites

Prep Time: 10 mins Cook Time: 30 mins Servings: Yield: 8
servings Source: skinnytaste.com

INGREDIENTS

4 chicken breasts, about 8 oz each, sliced in half lengthwise
to make 8

3/4 cup seasoned breadcrumbs, I used whole wheat, you can also
use GF crumbs

1/4 cup grated Parmesan cheese

2 tbsp butter, melted (or olive oil)

3/4 cup reduced fat mozzarella cheese, I used Polly-o

1 cup marinara or Filetto di Pomodoro

cooking spray

DESCRIPTION

The Best Chicken Parmesan recipe, made a bit healthier!
Breaded chicken cutlets are baked, not fried yet the chicken
is so moist and full of flavor.

DIRECTIONS

Preheat oven to 450°F. Spray a large baking sheet lightly with
spray.

Combine breadcrumbs and parmesan cheese in a bowl. Melt the
butter in another bowl. Lightly brush the butter onto the
chicken, then dip into breadcrumb mixture. Place on baking
sheet and repeat with the remaining chicken.

Lightly spray a little more oil on top and bake in the oven
for 25 minutes.

Remove from oven, spoon 1 tbsp sauce over each piece of

chicken and top each with 1 1/2 tbsp of shredded mozzarella cheese.

Bake 5 more minutes or until cheese is melted.

NUTRITION

Serving: 1 piece, Calories: 251 kcal, Carbohydrates: 14g, Protein: 31.5g, Fat: 9.5g, Cholesterol: 14mg, Fiber: 1.5g Blue Smart Points: 4 Green Smart Points: 6 Purple Smart Points: 4 Points +: 6

Roast Chicken with Sumac, Za'atar, and Lemon

Tasty!

Roast Chicken with Sumac, Za'atar, and Lemon

2020, Chicken, chicken, whole, Recipes I want to try, Velik Favorites, Yotam Ottolenghi

Servings: Serves 4 Source: splendidtable.org

INGREDIENTS

1 large organic or free-range chicken, divided into quarters: breast and wing, leg and thigh

2 red onions, thinly sliced

2 cloves garlic, crushed

4 tbsp olive oil, plus extra for drizzling

1 1/2 tsp ground allspice

1 tsp ground cinnamon

1 tbsp sumac

1 lemon, thinly sliced

scant 1 cup / 200 ml chicken stock or water

1 1/2 tsp salt, plus extra
1 tsp freshly ground black pepper
2 tbsp za'atar
4 tsp / 20 g unsalted butter
6 tbsp / 50 g pine nuts
4 tbsp chopped flat-leaf parsley

DESCRIPTION

This is a simplified version of the traditional Palestinian dish m'sakhan, in which chicken is spiced with sumac and then roasted in the oven over bread. Sumac and za'atar that we love and use so much are combined here with fresh lemon to give the chicken a powerful sharp kick. It works fantastically well and is almost addictive. Try serving the chicken with warm pita bread and a garlicky yogurt sauce, made by mixing Greek yogurt with crushed garlic, olive oil, salt, and pepper.

DIRECTIONS

In a large bowl, mix the chicken with the onions, garlic, olive oil, spices, lemon, stock, salt, and pepper. Leave in the fridge to marinate for a few hours or overnight.

Preheat the oven to 400°F / 200°C. Transfer the chicken and its marinade to a baking sheet large enough to accommodate all the chicken pieces lying flat and spaced well apart. They should be skin side up. Sprinkle the za'atar over the chicken and onions and put the pan in the oven. Roast for 30 to 40 minutes, until the chicken is colored and just cooked through.

Meanwhile, melt the butter in a small frying pan, add the pine nuts and a pinch of salt, and cook over medium heat, stirring constantly, until they turn golden. Transfer to a plate lined with paper towels to absorb the fat.

Transfer the hot chicken and onions to a serving plate and finish with the chopped parsley, pine nuts, and a drizzle of olive oil. You can sprinkle on more za'atar and sumac, if you like.

NOTES

My chicken took longer to cook – it was big! Cook until chicken until internal temperatures is 165°.

Chicken and Rice Meatballs with Hummus



Chicken and Rice Meatballs with Hummus

★★★★★

2020, Bon Appetit, breast, boneless skinless, Chicken, Recipes I want to try, Velik Favorites

Difficulty: Easy Servings: 4 Source: [bonappetit.com](https://www.bonappetit.com)

INGREDIENTS

6 scallions, thinly sliced

2 garlic cloves, finely chopped

1 1" piece ginger, peeled, finely chopped

1 lb. ground chicken

1½ cups cooled cooked white rice

¼ cup extra-virgin olive oil

2 tsp. hawaij, baharat, curry powder, or other spice blend

1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt, plus more

1 small white onion, thinly sliced

4 small dill pickles, sliced

2 Persian cucumbers, sliced

2 cups parsley leaves with tender stems
1 Tbsp. fresh lemon juice
1 cup Hummus (for serving)
8 lemon wedges (for serving)

DESCRIPTION

Gluten-free meatballs are as easy as adding cooled cooked rice instead of bread to ground meat.

DIRECTIONS

Preheat oven to 425°. Gently mix scallions, garlic, ginger, chicken, rice, oil, hawaij, and 1 tsp. Diamond Crystal or $\frac{1}{2}$ tsp. Morton kosher salt in a medium bowl (don't overwork). Form mixture into 12 balls (about $1\frac{1}{2}$ " in diameter). Place on a rimmed baking sheet and bake until lightly browned and cooked through, about 15 minutes.

Toss onion, pickles, cucumbers, parsley, and lemon juice in a medium bowl to combine; season salad with salt.

Spread hummus on plates; top with meatballs and salad. Serve with lemon.

NOTES

Melissa's notes – I ground up my own 1 pound chicken breast. For me, this recipe made 24 meatballs – 6 for each serving.

[Pesto Orecchiette with Chicken Sausage](#)

Pesto Orecchiette with Chicken Sausage

2020, chicken sausage, Prepared by Melissa, Real Simple, Recipe Source

Prep Time: 20 mins Cook Time: 20 mins Total Time: 40
Difficulty: Easy Servings: Serves 4 Source: realsimple.com

INGREDIENTS

$\frac{3}{4}$ pound orecchiette
 $\frac{1}{2}$ pound green beans, trimmed and cut into 1-inch pieces
1 cup frozen peas
1 tablespoon olive oil
8 ounces fully cooked Italian-style chicken sausage links, thinly sliced
 $\frac{1}{3}$ cup pesto
 $\frac{1}{2}$ cup grated Parmesan (2 ounces)

DIRECTIONS

Cook the pasta according to the package directions, adding the green beans and peas during the last 3 minutes of cooking. Reserve 1 cup of the cooking water; drain the pasta and vegetables and return them to the pot.

Meanwhile, heat the oil in a large skillet over medium-high heat. Add the sausage and cook, turning occasionally, until browned, 6 to 8 minutes.

Add the sausage, pesto, Parmesan, and $\frac{1}{2}$ cup of the reserved cooking water to the pasta and vegetables and toss to combine (add more cooking water as needed to loosen the sauce).

Kung Pao Chicken

Kung Pao Chicken

INGREDIENTS

FOR THE STIR FRY

2 tablespoons vegetable oil divided use

1 1/4 pounds boneless skinless chicken breasts cut into 1 inch pieces
1 1/2 tablespoons corn starch
1 red bell pepper cut into 1 inch pieces
1 green bell pepper cut into 1 inch pieces
1/2 cup yellow onion cut into 1/2 inch pieces
1 1/2 teaspoons minced garlic
4-6 dried red chilies seeded and cut in half (you can use more or less chilies to adjust the heat level to your preference)
1/2 cup roasted unsalted peanuts
salt and pepper to taste

FOR THE SAUCE:

3 tablespoons low sodium soy sauce
1 1/2 tablespoons hoisin sauce
1 tablespoon sesame oil
1 tablespoon sugar
1 tablespoon corn starch
1/4 cup water

DIRECTIONS

Heat 1 1/2 tablespoons of the vegetable oil in a large pan over high heat. Place the chicken in a bowl with the corn starch and salt and pepper to taste. Toss to combine.

Place the chicken in a single layer in the pan. Cook for 3-4 minutes per side until golden brown. You may have to do this step in batches.

Remove the chicken from the pan. Cover to keep warm.

Pour the remaining vegetable oil into the pan. Add the onion and red and green bell peppers. Cook for 3-4 minutes or until vegetables are softened.

Add the garlic to the pan; cook for an additional 30 seconds. Return the chicken to the pan with the vegetables. Stir in the peanuts and chilies.

While the chicken and vegetables are cooking, make the sauce.

Whisk together all of the sauce ingredients in a small bowl.

Add the sauce to the chicken mixture and bring to a boil; cook for 30 seconds to 1 minute, or until sauce is just thickened. Serve immediately.

2020, breast, boneless skinless, Chicken, Prepared by Melissa
Prep Time: 10 minutes Cook Time: 20 minutes Total Time: 30 minutes Servings: 4 Source: dinneratthezoo.com

NUTRITION

Calories 295kcal

Calories: 295kcal | Carbohydrates: 12g | Protein: 35g | Fat: 15g | Saturated Fat: 2g | Cholesterol: 173mg | Sodium: 788mg | Fiber: 3g | Sugar: 5g

Instant Pot Chicken

Instant Pot Chicken

★★★★

Chicken, Instant Pot, Recipes I want to try

Prep Time: 5 mins Cook Time: 10 mins Servings: Yield: 4 servings Source: wellplated.com

INGREDIENTS

Mexican Instant Pot Chicken

1 teaspoon kosher salt

1 teaspoon chili powder

1 teaspoon cumin

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

Italian Instant Pot Chicken

1 teaspoon kosher salt

2 teaspoons Italian seasoning

All-Purpose Instant Pot Chicken

1 teaspoon kosher salt

2 teaspoons poultry seasoning

Classic Salt and Pepper Instant Pot Chicken

1 teaspoon kosher salt

1/2 teaspoon ground black pepper

DIRECTIONS

The cook time will remain the same whether you have a small amount of chicken or a lot, but the time the Instant Pot takes to come to pressure will increase the more chicken you have. The time it takes to come to pressure will also be longer if you're cooking frozen chicken.

Add 1 cup of water to the 6-quart Instant Pot. Insert the trivet. Add the chicken to the pot. If frozen, make sure the pieces are broken apart and not in a solid mass. (See notes for the correct water amount if using a 3-quart or 8-quart Instant Pot.)

Season your chicken, if desired. (See blog post above for suggestions.)

Set the Instant Pot to cook on high pressure for the number of minutes specified in the blog post above, depending upon the type of chicken you're cooking (breasts or thighs, fresh or frozen, bone-in or boneless). The number of minutes won't change depending upon how much chicken you add (for example, 1 pound or 3 pounds) or your Instant Pot size; it will simply change the number of minutes it takes the pot takes to come to pressure and the countdown to begin.

After the cook time has finished, either vent immediately OR let the pressure release naturally for 5 minutes. (Reference the release directions listed in the blog post above for the type of chicken you are using.)

Carefully open the lid and check the internal temperature with an instant-read thermometer at the thickest part of the chicken. If your chicken is bone-in, make sure the thermometer doesn't touch the bone. The chicken should register 165 degrees F. If it is below 160 degrees F, reseal and cook a few additional minutes. If the chicken is at 160 but not yet 165, you can simply set the lid on top and let it rest for 5 additional minutes, or until it hits the magic 165 degrees F.

Remove the chicken to a cutting board. Let cool until easy to handle.

Once cool enough to handle, shred or dice as desired. Alternatively, you can remove the trivet and excess liquid from the Instant Pot, return the chicken to the pot, then use a hand mixer to shred it quickly and easily. Use as desired.

NOTES

How Much Water to Add to the Instant Pot (Varies by Model)

6-quart Instant Pot: add 1 cup water

3-quart Instant Pot: add 3/4 cup water

8-quart Instant Pot: add 1 1/2 cups water

CHICKEN BREAST INSTANT POT COOK TIMES

Fresh Boneless, Skinless Chicken Breasts

8 minutes, vent immediately to release any remaining pressure
Based on 10-ounce boneless chicken breasts

Frozen Boneless, Skinless Chicken Breasts

12 minutes, vent immediately to release any remaining pressure
Based on 10-ounce boneless chicken breasts

Fresh Bone-In Chicken Breasts (With Or Without Skin)

10 minutes, natural release for 5 minutes
Based on 12-ounce bone-in chicken breasts

Frozen Bone-In Chicken Breasts (With Or Without Skin)

25 minutes, vent immediately to release any remaining pressure
Based on 12-ounce bone-in chicken breasts

CHICKEN THIGH INSTANT POT COOK TIMES

Fresh Boneless, Skinless Chicken Thighs

6 minutes, vent immediately to release any remaining pressure
Based on 3-ounce boneless chicken thighs

Frozen Boneless, Skinless Chicken Thighs

12 minutes, vent immediately to release any remaining pressure
Based on 3-ounce boneless chicken thighs

Bone-In Chicken Thighs (With Or Without Skin)

Fresh Bone-In Chicken Thighs (With or Without Skin)

10 minutes, vent immediately to release any remaining pressure
Based on 6-ounce bone-in chicken thighs

Frozen Bone-In Chicken Thighs (With or Without Skin)

15 minutes, vent immediately to release any remaining pressure
Based on 6-ounce bone-in chicken thighs

NUTRITION

Amount per serving (4 ounces shredded boneless, skinless chicken breast) – Calories: 187, Fat: 4g, Saturated Fat: 1g, Cholesterol: 96mg, Protein: 35g

Easy Salsa Verde Chicken Enchiladas



Easy Salsa Verde Chicken Enchiladas

Ingredients

- 1 teaspoon neutral flavored oil
- 2 garlic cloves, minced
- 2 cups (16 ounces) salsa verde, store-bought
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{4}$ cup cilantro leaves and tender stems, chopped, plus more for serving
- 2 cups shredded cooked chicken, see how we make shredded chicken
- 1 cup shredded cheddar, Monterey Jack or Mexican cheese blend
- 6 (6-inch) flour or corn tortillas, see notes

Method

- 1. MAKE SAUCE** Heat oil in a skillet over medium heat then cook garlic until fragrant, about 1 minute. Stir in the salsa verde and cook until heated through, about 1 minute. Remove skillet from the heat then stir in the sour cream and cilantro. Taste for seasoning, adjusting with salt, pepper or more sour cream if the sauce is too spicy. Set aside about 1 cup of the sauce for assembling the enchiladas.
- 2. MAKE CHICKEN FILLING** Stir the shredded chicken and half of the cheese into the sauce that has not been set aside.
- 3. TO FINISH** Heat the oven to 350 degrees F. Grease a 2-quart

baking dish and spread a little reserved sauce on the bottom. Add about 1/3 cup of the chicken filling to the middle of each tortilla and roll into a cylinder. Repeat, lining up tortillas, seam-side down, tightly in the dish. Spread the reserved sauce over the tortillas and sprinkle with remaining cheese.

4. Cover the dish with aluminum foil and place in the oven. Bake until heated through, about 15 minutes. Remove the foil and bake 10 minutes longer, until the cheese is melted. Serve with cilantro on top.

Notes

Meatless Version: Swap the chicken for vegetables such as zucchini, eggplant, mushrooms, onion, and winter squash. Add them to the creamy sauce cooked, but still with some crunch since they will continue to cook in the oven.

Tortillas: Both flour and corn tortillas can be used. Flour tortillas soften much more than corn so it depends on what you have on hand and the final result you are looking for. If you use corn tortillas, look for thicker tortillas since they hold up a bit better than thin. You will need to soften the corn tortillas up a bit before filling and rolling them. Frying them in a little oil softens them and enhances the corn flavor of the tortillas.

Make-ahead: As the enchiladas sit, they absorb more and more of the sauce, which can make them softer and a little soggy. I prefer making these the day of and don't recommend making them ahead of time or freezing them. (That said, I've been known to chow down on the leftovers the next day without complaint.)

Prepared 10/2019

11 WW Freestyle Smartpoints

Prep

- Prep: 10 Minutes
- Cook: 30 Minutes

- Total Time: 40 Minutes

Source: Inspired Taste (4 servings)

Easy Baked Chicken Breast



Easy Baked Chicken Breast

Tender and juicy Baked Chicken Breasts with a delicious honey mustard sauce takes only minutes to make! Baked Chicken couldn't be any easier to prepare for a quick and easy dinner idea! Smothered in a Honey Mustard Sauce with a kick of lemon juice, this will become your new favourite chicken breast recipe!

Ingredients

4 tablespoons olive oil
3 tablespoons honey
2 tablespoons whole grain mustard
1 tablespoon smooth and mild Dijon mustard
4 cloves garlic, peeled and minced
1-2 tablespoons fresh lemon juice
½ teaspoon paprika
2 lbs. (1 kg) boneless skinless chicken breasts, (4 large chicken breasts)
Salt and cracked black pepper, to season
2 tablespoons fresh chopped parsley, to garnish (optional)
Lemon wedges, to serve (optional)

Method

1. Preheat oven to 400°F | 200°C. Lightly grease a baking tray / sheet with oil and line with foil or parchment paper.
2. Combine the oil, honey, mustards, garlic, lemon juice and paprika in a small bowl to combine well.
3. Place the chicken onto the prepared baking sheet (tray). Season generously with salt and pepper. Spoon 3/4 of the honey mustard mixture evenly over the chicken and spread evenly all over each breast. Pour 1/4 cup water onto baking sheet to prevent burning, creating a sauce while baking.
4. Bake until cooked through (about 20-30 minutes, depending on the thickness of your chicken breasts). Spoon the remaining sauce over each breast and broil (or grill) for a further 3-4 minutes on medium-high heat to brown the chicken and caramelize the edges.
5. Cover with foil and allow to rest for 10 minutes to allow the juices to settle before serving.
6. Garnish with parsley and serve immediately with lemon wedges.

Notes

To include roasted asparagus, arrange them onto the same baking sheet around the chicken in the last 10 minutes of cook time. Rotate them in the pan juices or pan sauce and season

with salt and pepper.

Prep

- Prep: 5 Minutes
- Cook: 30 Minutes
- Total Time: 35 Minutes

Source: Cafe Delites (4 servings)