



Chicken with Fennel and Tomatoes

Fennel bulb has a licorice undertone and is highly aromatic. It goes beautifully with meats and seafood. In this recipe we will brown the fennel, enhancing its natural flavors, and will then braise it with the chicken and tomatoes. This is a very easy meal to make and is elegant enough to serve your guests.

Serves four

8 skinless chicken thighs
4 tomatoes, chopped
1 fennel bulb - cut into wedges
4 garlic cloves - peeled and smashed
1 tablespoon tomato paste
1 cup low sodium chicken stock
2 TBS Olive oil
1 tsp. salt
1 tsp. black pepper

Rinse and pat dry the chicken. Heat a large skillet with 4 tablespoons olive oil. Add the smashed garlic and cook, stirring, until browned – about 5 minutes. Remove garlic from olive oil and set aside.

Add the fennel to the skillet and cook until evenly browned on all sides – about 7 minutes. Remove from the skillet and set aside.

Add the chicken to the skillet and brown on all sides. Remove from pan and discard all rendered fat.

Add the low sodium chicken stock and the tomato paste to the pan. Mix well to dissolve the tomato paste. Add the tomatoes and cook for 2 to 3 minutes. Return the chicken to the pan. Arrange the garlic and fennel around the chicken. Bring liquid to a soft boil, cover and simmer for 20 minutes or until chicken is completely cooked through.

Serve and enjoy!

Suggested sides – Turmeric Rice or Chipotle Infused Mashed Sweet Potatoes

CALORIES 279.59; FAT 12.68 grs (sat 2.48; mono 6.6; poly 2.1); PROTEIN 30.34 grs ; FIBER 3.66 grs; CARBS 11.41 grs; CHOLESTEROL 115.78 mg; IRON 2.54 mg; SODIUM 804.88 mg; CALCIUM 64.42 mg

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