

PREPARATION: 15 MINUTES

COOKING: 1 HOUR

4 SERVINGS



LEMON CHICKEN AND RICE

INGREDIENTS

4 chicken thighs, skin on

2 tablespoons olive oil

1 onion, thinly sliced

6 garlic cloves, minced

1 cup (200 g) long-grain brown rice

2 cups no-sodium or homemade chicken broth

1 tablespoon honey

1 tablespoon dried oregano

2 teaspoons garlic powder

Zest of 2 lemons

Juice of 2 lemons

2 cups carrots, cut into thick rounds

1 cup green beans, halved, fresh or frozen

Toppings

1 tablespoon crumbled feta cheese

¼ cup fresh herbs, chopped (parsley, coriander, or basil)

1 lemon, cut into wedges

PREPARATION

- 1 Preheat the oven to 350 °F.
- 2 In a large Dutch oven (or large high-sided skillet) over medium-high heat, brown the chicken thighs on both sides in the oil (approximately 10 minutes). Transfer them on a plate and set aside.
- 3 In the same pot over medium heat, soften the onion for about 3 minutes. Add the garlic and cook for 1 minute. Add a little more oil if needed. Add the rice and mix well. Cook for 1 minute, stirring constantly.
- 4 Add the broth, honey, oregano, garlic powder, lemon zest and lemon juice. Scrape the bottom well to loosen the browned bits. Season with pepper and stir. Bring to a boil. Return the chicken pieces to the pot. Arrange the carrots around the chicken. Pepper the chicken. Place in the oven and bake uncovered for 35 minutes.
- 5 Add the green beans to the center of the pot. Bake another 25 minutes, or until the rice is tender and the chicken meat easily pulls away from the bone. Remove the pot from the oven.
- 6 Divide the chicken, rice, and vegetables among 4 plates. Top with feta and herbs. Serve with lemon wedges.

Nutrient Analysis

Per serving: ¼ of recipe

Calories	508 Kcal
Protein	24 g
Carbohydrates	60 g
Fibre	6 g
Sugars	12 g
Total Fat	20 g
Saturated Fat	5 g
Cholesterol	61 mg
Sodium	177 mg
Potassium	710 mg
Phosphorus	360 mg