

Chicken Divino



Recipe:

2 1/2 lbs. boneless, skinless chicken thighs,
cut into 2-inch cubes

Thyme

Paprika

Granulated garlic

Bay leaf

Sea salt

Black pepper

1/4 cup olive oil

1 lb. fresh button mushrooms, sliced

6 Tbsp. lemon juice

1/2 cup unbleached all-purpose flour

2 cups chicken stock

6 oz. artichoke hearts, sliced

1 lb. fresh local tomatoes, chopped

(continued on reverse)

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Directions:

Toss chicken cubes in herbs and spices. Sauté chicken in olive oil just until browned. Add mushrooms. Cook and stir until mushrooms are softened and chicken is cooked through but not overdone. Remove chicken and mushrooms from pan. Degrease pan and deglaze with lemon juice. Sprinkle pan with flour and cook until brown. Add chicken stock; cook and stir until thickened. Return chicken and mushrooms to pan. Add artichoke hearts and chopped tomatoes.

Serves: 6**Nutritional Facts:**

Tomatoes are a good source of vitamins C, A and B, as well as potassium, iron and phosphorus. One medium-sized tomato has almost 30 calories and 2 grams of fiber.

Xpress Chefs features fresh produce and ingredients in tasty, healthy foods prepared for retail sales, catering services and meal programs for schools and care centers. All proceeds support Lanakila Meals on Wheels *and more!* - Hawaii's largest and only island-wide meal provider serving over 1,700 meals a day!

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