

# Your Healthy Kitchen



 YAVAPAI REGIONAL  
MEDICAL CENTER  
*Proudly Caring for Western Yavapai County*

## Braised Chicken with Artichokes and Olives

Adapted from: *The Slow Cooker and Instant Pot* by Rebecca Katz and Catherine McConkie, NC

Makes 4–8 servings

**Note:** The evening before, pat the chicken thighs dry and sprinkle them with  $\frac{1}{2}$  teaspoon sea salt. In a small bowl combine the turmeric, cumin, coriander, cinnamon and black pepper. Add  $1\frac{1}{2}$  teaspoons of the spice mixture to the chicken and, using your hands, turn the meat until the chicken is evenly coated with the spices. Cover and place in the refrigerator for as long as possible, up to 24 hours. Cover the remaining spices and set aside. If you don't have time to do this, just coat the chicken and store in the refrigerator while you prepare the other ingredients.

- 2 tablespoons extra virgin olive oil
- 8 organic boneless, skinless chicken thighs
- $\frac{1}{4}$  teaspoon sea salt
- 1 teaspoon ground turmeric
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{2}$  teaspoon ground coriander
- $\frac{1}{4}$  teaspoon black pepper
- 1 yellow onion, diced
- 3 cloves garlic, thinly sliced
- Generous pinch of red chili flakes
- 1 cinnamon stick
- 1 bay leaf
- 2 cups chicken broth, unsalted
- 1 cup cooked or canned unsalted chickpeas, drained and rinsed
- 8 frozen (and thawed) or jarred artichoke hearts, quartered and rinsed



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please visit *Your Healthy Kitchen*  
via [www.yrmhealthconnect.org](http://www.yrmhealthconnect.org)**

### NUTRITION INFORMATION FOR 4 SERVINGS, 2 THIGHS PER SERVING, PLUS SAUCE:

Calories	412
Protein	42g
Carbohydrates	16g
Fiber	5g
Fat	17g
Potassium	550 mg
Sodium	380 mg

Cost per serving: \$3.95

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1/3 cup pitted green olives, rinsed and roughly chopped  
1 tablespoon lemon juice  
2 teaspoons lemon zest  
2 tablespoons fresh mint or cilantro

**Directions**

Set the slow cooker on high. Add the oil and cover so the oil can get warm while you gather ingredients and prep the onion and garlic. Place the onions and garlic in the cooker with the warm oil. Sprinkle with a generous pinch of sea salt, the remaining spice mixture, red chili flakes, bay leaf and cinnamon stick. Stir to combine. Replace the lid and let sit undisturbed for 5 minutes. Lay the seasoned chicken thighs over the onions, pour in the broth, and replace the lid. Cook on High for 3–4 hours or on Low for 4–6 hours.

After 2 hours on High or 3 hours on Low, add the chickpeas, artichoke hearts and olives. Cover and continue to cook for the remaining time or until thighs are cooked through and tender. Stir in the lemon juice, zest and serve garnished with herbs.