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**DIET CENTER**

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## **BRAISED CHICKEN THIGHS WITH WILD RICE**

Stabilization (Week 1)

### Ingredients

1/4 cup walnut halves	1/4 cup chopped celery
1 TBS olive oil	1 TBS chopped fresh thyme
4 (6-ounce) skinless, boneless chicken thighs	1 1/2 cups unsalted chicken stock (such as Swanson)
1/2 TSP kosher salt, divided	1 cup water
1/2 TSP freshly ground black pepper, divided	1/4 cup golden raisins
1 cup uncooked wild rice	8 ounces Brussels sprouts, trimmed and halved
1 cup finely chopped onion	1 TBS cider vinegar
1/2 cup finely chopped carrot	

### Instructions

1. Heat a large skillet over medium-high heat. Add walnuts; cook 5 minutes or until toasted, stirring occasionally. Remove walnuts from pan; coarsely chop.
2. Add oil to pan; swirl to coat. Sprinkle chicken evenly with 1/4 TSP salt and 1/4 TSP pepper. Add chicken to pan; cook 4 minutes or until browned. Turn and cook 3 minutes. Place chicken on a plate (chicken will not be cooked through).
3. Add rice, onion, carrot, celery, and thyme to pan; cook 3 minutes, stirring to coat rice. Add remaining 1/4 TSP salt, remaining 1/4 TSP pepper, stock, and 1 cup water, scraping pan to loosen browned bits. Reduce heat to low; cover and simmer 45 minutes.
4. Return chicken thighs to pan, nestling them into rice mixture. Top with raisins and Brussels sprouts. Return to a simmer; cover and cook 12 minutes or until liquid is absorbed and chicken is done.
5. Place chicken on a platter. Stir walnuts and vinegar into rice mixture. Serve rice mixture with chicken.

### Portion-Per-Serving Information: (Yields 4 servings):

1 serving = 1 chicken thigh + 1 cup rice mixture = 1 P, 1 V, 1 G, 1 FT