



Middle Eastern Chicken & Chickpea Stew

Advanced Lifestyle

INGREDIENTS

4 cloves garlic, finely chopped
¾ TSP salt, divided
¼ cup lemon juice
1 TSP ground cumin
1 TSP paprika
½ TSP ground pepper
1 lb boneless, skinless chicken breasts, trimmed, cut into 1-inch pieces
1 TBS extra-virgin olive oil
1 large yellow onion, chopped
1 14-oz can no-salt-added diced tomatoes
1 15-oz can chickpeas, rinsed
¼ cup chopped flat-leaf parsley

INSTRUCTIONS

—Mash garlic and ½ teaspoon salt on a cutting board with the back of a fork until a paste forms. Transfer to a medium bowl and whisk in lemon juice, cumin, paprika and pepper. Add chicken and stir to coat.

—Heat oil in a large cast-iron skillet over medium-high heat. Add onion and cook, stirring occasionally, until golden brown, 6 to 8 minutes.

—Using a slotted spoon, transfer the chicken to the pan (reserve the marinade) and cook, stirring occasionally, until opaque on the outside, about 4 minutes.

—Add tomatoes with their juice, chickpeas, the reserved marinade and the remaining ¼ teaspoon salt. Reduce heat to medium and cook, stirring occasionally, until the chicken is cooked through, 5 to 7 minutes more. Serve sprinkled with parsley.

SERVING INFO: (Serves 4)

1-1/4 cups = 1 P, 1-1/2 V

See photo of this recipe at [Instagram](#) and [Facebook](#)