

WEIGHT ★ NO ★ MORESM
DIET CENTER

No one does what we do!

[weightnomoredietcenter.com](https://www.facebook.com/weightnomoredietcenter.com)
WeightNoMoreDC

BALSAMIC CHICKEN WITH OLIVES & WALNUTS

Stabilization (Week 3)

Ingredients

4 TSP olive oil, divided
12 skinless, boneless chicken thighs (about 3 pounds)
1/2 TSP kosher salt
1/2 TSP black pepper
5 medium shallots, quartered (about 2 cups)
1/3 cup balsamic vinegar
1/4 cup unsalted chicken stock (such as Swanson)
1 TBS lower-sodium soy sauce
1 1/2 TSP brown sugar
3 thyme sprigs
1/3 cup halved pitted Castelvetrano olives
3 TBS chopped walnuts, toasted
1 TBS chopped fresh chives
2 TSP chopped fresh thyme

Instructions

1. Heat a Dutch oven over medium-high heat. Add 2 TSP oil to pan; swirl to coat. Sprinkle chicken with salt and pepper. Add 6 chicken thighs to pan; cook 6 minutes or until browned. Turn chicken over; cook 1 minute. Remove chicken from pan. Repeat procedure with remaining chicken. Remove chicken from pan.
2. Add remaining 2 TSP oil to pan; swirl to coat. Add shallots to pan; cook 3 minutes or until browned, stirring occasionally. Remove shallots from pan. Add vinegar to pan; cook 10 seconds, scraping pan to loosen browned bits. Add stock, soy sauce, sugar, and thyme; cook 30 seconds, stirring constantly. Return chicken and shallots to pan; toss to coat. Reduce heat to low; cook 5 minutes or until chicken is done. Discard thyme. Sprinkle with olives and remaining ingredients.

Portion-Per-Serving Information: (Yields 6 servings):

1 serving = 2 thighs + 2 TSP olives + 2 TSP walnuts = 1 P, 1 FT