



# WELLNESS AT BREAKFAST, LUNCH AND DINNER

## Braised Garlic Chicken

This entrée option includes the superfood: garlic!

### Ingredients

1 chicken (3-4 lb/1.5-2 kg) cut into 8 serving pieces  
Sea salt and freshly ground pepper  
2 tbsp. olive oil  
4 heads garlic, separated into cloves, unpeeled  
1/4 cup (2 fl oz/60 ml) dry white wine such as chardonnay  
1 tbsp. chopped fresh thyme

**TO PREPARE:** Season the chicken with salt and pepper. In a large frying pan over medium-high heat, warm the olive oil. Working in batches if necessary, add the chicken and cook, turning frequently, until well browned, between 7 and 10 minutes. Remove from the pan and set aside. Pour off all but 2 tablespoons of the fat in the pan. Add the garlic cloves and sauté over medium-high heat until lightly browned, about 3 minutes. Pour in the wine and deglaze the pan, stirring and scraping up the browned bits on the bottom of the pan with a wooden spoon.

**STOVE TOP:** Transfer the chicken to a Dutch oven. Sprinkle with the thyme and add the garlic mixture. Cover and cook until the chicken is tender and opaque throughout, about 45 minutes.

**SLOW COOKER:** Transfer the chicken to a crockpot. Sprinkle with the thyme and add the garlic mixture. Cover and cook until the chicken is tender and opaque throughout, 3 hours on the low setting.

Transfer the chicken to a platter and strain the pan juices. Press on the garlic cloves to extract the pulp then simmer over medium-high heat and seasons to taste with salt and pepper. Transfer the chicken to a warmed platter and top with sauce.

Source: *Williams-Sonoma*

## Pan-Roasted Paprika Chicken

A healthy entrée for any night.

### Ingredients

4 chicken breast halves  
6 halved carrots  
1 pound red potatoes  
1 white or yellow onion  
4 lemon slices  
2 tbsp. olive or coconut oil  
4 thyme sprigs  
1/4 cup of chicken stock  
3 tbsp. of lemon juice  
2 tbsp. of paprika

**TO PREPARE:** Preheat oven to 400°. In a roasting pan, toss the 6 halved carrots, 1 pound of red potatoes (peeled and cut into wedges), 1 white or yellow onion (also cut into wedges), and 4 lemon slices in 2 tbsp. coconut or olive oil.

Once arranged in the pan, season with salt and pepper and scatter the 4 thyme sprigs on top. Roast until golden, about 45 minutes then nestle the 4 chicken breast halves in the pan, drizzle with 1/2 tablespoon of coconut or olive oil and sprinkle with paprika, salt and pepper to taste. Roast until golden, about 15 minutes. Discard the thyme and transfer the contents of the pan to a platter.

Place the pan on the stove top and add 1/4 cup chicken stock, 3 tablespoons lemon juice, 1 1/2 teaspoon thyme, 1 tablespoon of olive or coconut oil and 1 1/2 teaspoon of paprika. Bring to a boil. Season with salt and pepper to taste. Pour over the chicken and serve.

Source: *oprah.com*

## Chicken and Mushroom Farro Risotto

A hearty and healthy lunch option.

### Ingredients

Risotto prepared according to packaging  
2 1/4 cups low-sodium chicken broth  
1 cup whole farro  
1 pound cremini or button mushrooms, cut into small pieces  
2 leeks, white and light green parts only, halved and sliced  
1 3-inch piece Parmesan rind  
1/3 cup grated Parmesan plus more grated for garnish

**TO PREPARE:** Combine the broth, farro, mushrooms, leeks, Parmesan rind, bay leaf, nutmeg 1 1/4 teaspoons salt and 1/4 teaspoon pepper in a 4 to 6 quart slow cooker and top with the chicken.

Cover and cook until the chicken is tender (on low for 6 - 7 hours or on high for 4 - 5 hours).

Discard the Parmesan rind and bay leaf. Using 2 forks, shred the chicken into large pieces.

Stir in the butter and grated Parmesan.

Sprinkle the risotto with the parsley and serve with additional grated Parmesan.

1 bay leaf  
A pinch of ground nutmeg  
Kosher or sea salt and black pepper  
4 small boneless, skinless chicken thighs (1 lb)  
2 tbsp. unsalted butter, cut into pieces  
1/4 cup chopped fresh flat-leaf parsley leaves

Source: *realsimple.com*