

Garlic Chicken

Courtesy of Carole's Creations

Prep Time: 5 minutes

Marinate: 8 hrs. or overnight

Cooking Time: 12 – 14 minutes

Serves: 4

CChints: Always wash your hands, work surface and utensils that come in contact with raw chicken.



3/4 cup plain low-fat yogurt

1/4 cup fresh lemon juice, 1 good size lemon

6 gloves of minced garlic, fresh or from a jar

1/4 teaspoon ground nutmeg

1/2 teaspoon ground cumin, divided

1/2 teaspoon ground cinnamon, divided

1/2 teaspoon salt, divided

1/2 teaspoon pepper, divided

Zest from the lemon juiced above

4 servings of rice, whole grain, brown or your favorite

4 – 6 ounce skinless, boneless chicken breasts

14 ounce can fat-free, less sodium chicken broth. 3/4 cup for chicken and the rest for rice

1 Tablespoon olive oil

1 Tablespoon unsalted butter

Using a microplane, zest the lemon into a small bowl, cover it and refrigerate until you are ready to make the rice. You will use the lemon juice in marinate below.

Marinate:

In a mixing bowl, squeeze the lemon juice, discard any seeds. Add these ingredients to the bowl of lemon juice: yogurt, garlic, nutmeg and 1/4 teaspoon each the cinnamon through pepper and stir well to combine. Pour this into a resealable bag large enough for 4 pieces of chicken. Add the chicken to the bag, seal it and place in the refrigerator for 8 hours or overnight. Try to turn the bag over at least once during this time.

Rice: Check the cooking time for your rice and add about 3 minutes for the water to boil. Try to time it so the rice and the chicken are both done at the same time. The chicken will take 12-14 minutes from start to finish. Prepare the rice according to the package directions for 4 servings. Remember to use the rest of the 14 ounce can of chicken broth as part of your liquid. It won't be enough to cook the rice but you can add water to the chicken broth to come up with the amount of liquid called for in the directions. The broth will enhance the flavor of the rice. Add the lemon zest from the refrigerator to the water mixture as you bring it to a boil.

After the chicken has marinated, remove it from the bag and place on paper towels. Throw away marinade. Pat the chicken with a paper towel to remove any excess marinade. Sprinkle chicken with the remaining 1/4 teaspoon of cumin, cinnamon, salt and pepper. Heat oil over medium heat in a nonstick skillet big enough for all 4 pieces of chicken and also has a cover. When the oil is hot, place each piece of chicken in the pan and cook 3 minutes on each side uncovered. You are just browning the chicken, it will cook through later. When the 3 minutes are over for the 2nd side of chicken, add the chicken broth, cover it and bring it to a boil. Reduce the heat, and simmer, covered for 6 minutes or until the chicken is done. During this time, check your rice and start a vegetable side dish, if you wish. Turn off the heat and remove the skillet away from the heat. Add the butter and gently stir.

Divide the rice among the 4 plates, top each with chicken and spoon the broth over the chicken and rice.