



Chicken Thighs with Leeks & Shiitakes

Cook: 35 min Ready In: 35 min

Recipe By: **EatingWell Test Kitchen**

“Give chicken thighs a quick sauté and finish them with a tarragon-scented sauce. This dish goes well with roasted new potatoes and Lemon Lovers' Asparagus. Look for presliced shiitakes to make preparation of this dish even faster.”

Ingredients

- 2 boneless, skinless chicken thighs, trimmed of fat
- 1 tablespoon all-purpose flour
- 3 teaspoons extra-virgin olive oil, divided
- 1 large leek, white and light green parts only, diced
- 4 ounces shiitake mushrooms, stemmed and sliced
- ½ cup reduced-sodium chicken broth, (**see Tips for Two**)
- ¼ cup dry white wine
- ⅛ teaspoon salt
- 1 teaspoon minced fresh tarragon or ½ teaspoon dried

Directions

1. Place chicken on a plate and sprinkle all over with flour. Reserve the excess flour.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, turning once, until browned on both sides, 4 to 6 minutes total. Transfer to a plate and cover with foil to keep warm.
3. Add the remaining 1 teaspoon oil, leek and mushrooms to the pan. Cook over medium-high heat, stirring often, until the vegetables are tender, 6 to 8 minutes.

4. Sprinkle the reserved flour over the vegetables and stir to coat. Add broth, wine and salt and bring to a simmer. Return the chicken to the pan and simmer, turning the chicken occasionally, until it is cooked through, 4 to 6 minutes. Stir in tarragon.

Tips for Two:

Leftover canned broth keeps for up to 5 days in the refrigerator or up to 3 months in your freezer. Leftover broths in aseptic packages keep for up to 1 week in the refrigerator. Add to soups, sauces and stews; use for cooking rice and grains; add a little when reheating leftovers to prevent them drying out.

Nutrition information

Per serving: 327 calories; 16 g fat(3 g sat); 2 g fiber; 18 g carbohydrates; 24 g protein; 48 mcg folate; 76 mg cholesterol; 4 g sugars; 0 g added sugars; 800 IU vitamin A; 6 mg vitamin C; 42 mg calcium; 3 mg iron; 360 mg sodium; 380 mg potassium

Carbohydrate Servings: 1