



Lemon Thyme Chicken Time



Where service *and savings* matter.

SERVINGS: 6

INGREDIENTS:

- 2 Tbsp light olive oil, divided
- 8 small red potatoes, quartered
- 4 carrots, sliced
- 1 lb pkg. boneless, skinless chicken thighs
- 10 oz can Food Club fat free and reduced sodium chicken broth
- 2 Tbsp minced fresh thyme or 1 tsp. dried thyme leaves
- 2 Tbsp grated lemon peel
- 1 Tbsp lemon juice
- 1/2 tsp salt
- 1/8 tsp ground black pepper
- 1 cup frozen baby green peas
- 5.6 oz box Near East Couscous with Toasted Pine Nuts (cooked per package directions)

NUTRITIONALS

Nutritional analysis per serving:
 calories 460, calories from fat 110,
 total fat 12g, saturated fat 2.5g,
 cholesterol 50mg, sodium 670mg,
 total carbohydrate 64g,
 dietary fiber 7g, sugars 7g, protein
 23g, vitamin A 160%, vitamin C
 60%, calcium 6%, iron 15%

DIRECTIONS:

1. Spray large heavy skillet with nonstick cooking spray; add 1 Tbsp oil and heat over medium heat. Cook potatoes until browned on each side and then add carrots; sauté, stirring occasionally, for 6 to 8 minutes more until all vegetables are light brown. Remove vegetables from skillet.
2. Add remaining 1 Tbsp oil to skillet and cook chicken without moving for 5 to 7 minutes on one side until bottom is browned. Turn chicken and return potatoes and carrots to pan. Add chicken broth, thyme, lemon peel, juice, salt, and pepper to pan. Cover and simmer on low heat for 20 to 25 minutes until chicken is thoroughly cooked. Add peas to pan; cover and cook for 2 to 3 minutes until peas are hot.
3. Mix all ingredients and serve over couscous.

Source: Margaret Thomas, Concierge & Linda Staif, Guest Experience Coordinator, Market Street 562

visit unitedtexas.com for more recipe ideas

★ Lemon Thyme Chicken Time ★

Shopping List

PRODUCE:

- 8 small red potatoes
- 4 carrots
- 1 lemon

MEAT/POULTRY/SEAFOOD:

- 1 lb boneless, skinless chicken thighs

WHOLE GRAINS/BREADS/PASTA:

- 1-5.6 oz box Near East Couscous with Toasted Pine Nuts

SPICES/SEASONINGS:

- Fresh or dried thyme
- Salt
- Ground black pepper

GROCERY/FROZEN/MISCELLANEOUS:

- Light olive oil
- 1-10 oz can Food Club fat free and reduced sodium chicken broth
- Frozen baby green peas

FOLD