

Osso Buco-Style Chicken

6 points per serving

This hearty dish "contains all the flavors of traditional osso buco made with veal shanks; it even boasts the classic lemon and parsley topping, known as a gremolata. But our chicken version is quicker and easier than traditional osso buco, and it conemh a fraction of the fat.

Ingredients:

- 1 teaspoon olive oil
- 1½ pounds skinless boneless chicken thighs
- ½ cup chopped onion
- 1 celery stalk, chopped
- 2 small carrots, chopped
- 2 large garlic cloves, chopped
- 1 (14½ -ounce) can whole peeled tomatoes, with their juice
- 2/3 cup reduced-sodium chicken broth
- ½ cup dry white wine
- 1 bay leaf
- 3 tablespoons chopped fresh parsley
- 1 teaspoon grated lemon zest

1. Heat the oil in a large nonstick Dutch oven or stovetop casserole over medium heat. Add the chicken and cook until browned on both sides about 5 minutes; transfer to a plate. Add the onion, celery, carrots, and one-half of the garlic to the pan. Cook until the vegetables are very soft, about 8 minutes. Add the tomatoes, broth, wine, and bay leaf, stirring with a fork to break up the tomatoes. Return the chicken to the pan: bring to a boil. Cover and simmer until the chicken is tender, about 15 minutes. Discard the bay leaf.

2. Combine the parsley, lemon zest, and the remaining garlic in a small bowl. Sprinkle the mixture over the chicken

*Great with roasted sliced potatoes and steamed green beans.

We used chicken thighs for this recipe, but you could use a cut-up three-pound chicken.

nutritional info: 263 calories, 8g total fat, 2g saturated fat, 141 mg cholesterol, 543 mg sodium, 10 g total carbohydrates, 2 g dietary fiber, 69mg calcium