

CREAMY CHICKEN AND RICE

1 lb trimmed boneless, skinless chicken thighs, cut into 1-inch pieces or you can use breast or a combination (my fave)

Italian Seasoning

1 cup chopped yellow onion (1 small)

1 cup thinly sliced carrots (about 2 medium) or pre-shredded carrots are EASIEST!

1 cup sliced celery (about 3 stalks)

2 Tbsp olive oil, divided

1 Tbsp minced garlic (3 cloves)

1 cup long grain white rice

2 1/2 cups low-sodium chicken broth

Salt and freshly ground black pepper

1 cup frozen petite peas

1/2 cup heavy cream

1/2 cup grated parmesan cheese

2 Tbsp fresh parsley, chopped

2 scallions, chopped (the white and green of scallion)

1 teaspoon lemon zested, yellow only

Heat a coating of olive oil to your largest skillet over medium high heat. Season your chicken pieces with salt, pepper and Italian reasoning. Add your chicken to the hot oil and brown in batches, setting cooked pieces aside, continue with remaining chicken. Once complete, set all chicken aside, add more oil and sauté the onions, celery, carrots and garlic. About 6 minutes. Add chicken back to pot, add in rice and chicken broth.

Bring mixture to a boil then reduce heat to low. Cover with lid and cook for 15 minutes on low.

Remove lid, add in peas, cream and parmesan cheese. Cover for additional 5 minutes or if too much liquid remains, cook uncovered until liquid reduces.

Mix together your garnish in a small bowl and serve on top of rice. Serve warm.

OPTION – to use frozen peas and carrots as a combination instead of sautéing the carrots, add them at the end.

Serves 4-6