

# Braised chicken with artichokes and olives

MAKES 4 SERVINGS • PREP TIME: 20 min  
COOK TIME: 30 minutes



## INGREDIENTS

About 1 1/2 pounds of chicken thighs, chicken breasts, or dark meat turkey

Sea salt

Freshly ground black pepper

3 tablespoons extra-virgin olive oil

1 yellow onion, diced

3 cloves garlic, thinly sliced

1 teaspoon turmeric

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

Generous pinch red pepper flakes

1 cinnamon stick, or 1/4 teaspoon ground cinnamon

1 bay leaf

2 cups organic chicken broth, homemade or store-bought

2 teaspoons grated lemon zest

3 tablespoons freshly squeezed lemon juice

1 cup canned chickpeas, drained, rinsed, and mixed with a spritz of lemon juice and a pinch of salt

8 thawed frozen or jarred artichoke hearts (see Cook's Note), quartered

1/2 cup pitted green olives, such as picholine or manzanilla

2 tablespoons chopped fresh mint or cilantro

## DIRECTIONS

1. Pat the chicken dry and season salt and pepper.
2. Heat the olive oil in a Dutch oven or heavy soup pot over medium-high heat.
3. Add the chicken, working in batches if necessary, and cook until well browned on each side, about 3 minutes per side. Transfer to a plate.
4. Decrease the heat to medium. Add the onion and a pinch of salt and sauté until soft and slightly golden, about 5 minutes.
5. Add the garlic and sauté for 1 minute. Add the turmeric, cumin, coriander, red pepper flakes, cinnamon stick, and bay leaf and cook, stirring constantly, until fragrant, about 1 minute.
6. Pour in 1/4 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot. Stir in a pinch of salt and cook until the liquid is reduced by half. Stir in the remaining 13/4 cups of broth, the lemon zest, and 2 tablespoons of the lemon juice. Decrease the heat to medium-low, cover, and simmer for 15 minutes.
7. Add the chicken, chickpeas, artichoke hearts, and olives and stir gently to combine. Increase the heat to medium-high and simmer uncovered, stirring occasionally, until the chicken is heated through, about 5 minutes. Stir in the remaining tablespoon of lemon juice. Taste; you may want to add another squeeze of lemon juice or pinch of salt.
8. Garnish with the mint.

### Key Takeaways

Artichokes are rich in fiber, antioxidants, and other nutrients

They may also improve several aspects of health, including heart health and digestion