



3 ways with Chicken thighs

This versatile, flavorful cut shines in a tangy sauce, rich stew, and hearty ragout

BY ADEENA SUSSMAN PHOTOGRAPHS BY DAN GOLDBERG

Easy chicken adobo

Inspired by the Philippine national dish, this simple blend of garlic, vinegar, and soy sauce gives chicken a zingy boost. Traditional adobo sauces are commonly enriched with coconut milk, and the dish is frequently made with pork. But for everyday cooking, we like this lighter, simpler version. Serve with rice.

PREP AND COOK TIME 45 minutes

MAKES 4 servings

1 tbsp. vegetable oil

6 bone-in, skinless chicken thighs

3 cloves garlic, minced

2/3 cup apple cider vinegar

1/3 cup soy sauce

1 tsp. whole black peppercorns

1 bay leaf

1. Heat oil in a medium frying pan over medium-high heat. Add chicken and cook until lightly browned, about 5 minutes, then turn over and cook an additional 5 minutes. Transfer chicken to a plate and set aside.

2. Pour off all but 1 tbsp. of pan drippings and return pan to low heat. Add garlic and sauté until soft, about 1 minute. Add remaining ingredients and stir to incorporate. Return chicken to pan and cook, covered, for 20 minutes.

3. Uncover, increase heat to medium-low

and cook 15 to 20 minutes more, occasionally spooning sauce over chicken, until sauce thickens a bit and chicken is tender and nicely glazed with sauce. Remove bay leaf before eating.

PER SERVING 251 CAL., 35% (89 CAL.) FROM FAT; 34 G PROTEIN; 9.9 G FAT (2.1 G SAT.); 5.7 G CARBO (0.2 G FIBER); 1,501 MG SODIUM; 138 MG CHOL.

Chicken tagine with pine-nut couscous

Most people think of traditional Moroccan tagines as being long-simmered lamb dishes. When prepared with quick-cooking chicken thighs, they're actually relatively fast to make. Fragrant spices give this dish vibrant layers of flavor, and the cooked-down dried fruits create a silken richness.

PREP AND COOK TIME 1 hour, 20 minutes

MAKES 4 to 6 servings

2 tbsp. olive oil

6 bone-in chicken thighs (with skin)

1 medium onion, thinly sliced (about 2 cups)

4 large garlic cloves, minced

1 tbsp. minced fresh ginger

1 tsp. each ground cinnamon, turmeric, and coriander

1/4 tsp. freshly ground black pepper

2 cardamom pods, lightly crushed

2 small dried red chiles, such as arbol

1 tsp. salt

15 each dried apricots and pitted prunes, all halved

4 cups reduced-sodium chicken broth

5 fresh flat-leaf parsley sprigs plus **1/4** cup minced fresh parsley leaves

1 1/2 cups couscous

1/4 cup lightly toasted pine nuts

1 tsp. grated fresh lemon zest

1. Heat oil in a 6- to 8-qt. heavy-bottomed pot over medium-high heat. Add half the chicken, skin side down, and cook until golden brown, 5 to 7 minutes. Turn over and cook 3 minutes more. Transfer to a plate; repeat with remaining chicken and set aside.

2. Drain all but 2 tbsp. oil from pot and reduce heat to medium. Add onion and sauté until golden, 5 to 7 minutes. Add garlic and ginger and cook, stirring constantly, for 3 minutes. Add cinnamon, turmeric, coriander, black pepper, cardamom pods, chiles, and salt and stir to combine. Return chicken to pot and add apricots, prunes, 2 cups chicken broth, and

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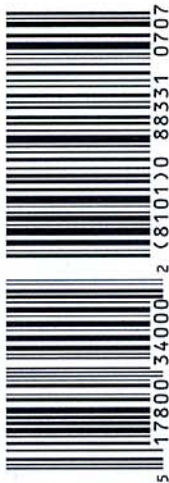
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Food | Ingredient



Chicken tagine with
pine-nut couscous



Spring vegetable-
chicken ragout

parsley sprigs. Bring mixture to a boil, then reduce heat to medium-low. Cover and simmer 40 minutes. Take pot off heat and remove parsley sprigs and chiles. Remove skin from chicken.

3. In a covered medium saucepan, bring remaining 2 cups chicken broth to a boil. Turn off heat, stir in couscous, cover, and let sit 5 minutes. Uncover pan and fluff couscous with a fork. Stir in 2 tbsp. minced parsley, pine nuts, and lemon zest and toss to combine. Mound couscous on a platter. Top with chicken thighs and pour sauce over the chicken. Sprinkle with remaining 2 tbsp. parsley.

PER SERVING 793 CAL., 40% (315 CAL.) FROM FAT; 46 G PROTEIN; 35 G FAT (8.5 G SAT.); 75 G CARBO (6.2 G FIBER); 1,043 MG SODIUM; 124 MG CHOL.

Spring vegetable-chicken ragout

Think of it as a thick soup or a light stew. Either way, this healthy main dish is chock-full of fresh seasonal produce and rich chicken flavor. Serve with a loaf of crusty bread for a simple, hearty meal.

PREP AND COOK TIME 50 minutes

MAKES 4 to 6 servings

6 boneless, skinless chicken thighs, each cut lengthwise into 2 pieces

1 tsp. each salt and freshly ground black pepper

2 tbsp. olive oil

1 small onion, cut into thin wedges

2 large cloves garlic, thinly sliced

3 medium carrots, peeled and cut into 2-in. matchsticks

12 oz. frozen artichoke hearts, defrosted
3 cups sliced stemmed shiitake or cremini mushrooms

2 sprigs fresh thyme

1 strip fresh lemon zest, about 2 in. long and ½ in. wide

2½ cups reduced-sodium chicken broth

¾ lb. fresh asparagus, trimmed and cut into 2-in. pieces

6 oz. shaved parmesan

1. Season chicken all over with salt and pepper. Heat 1 tbsp. oil in a 5- to 7-qt. pot over medium-high heat. Add half of the chicken and cook until golden brown on both sides, 4 to 5 minutes per side; transfer to a plate. Repeat with remaining chicken (if pan begins to scorch, reduce heat).

2. Reduce heat to medium. Add remaining tbsp. oil and onion to pot; cook until onion is translucent, 4 to 5 minutes. Add garlic and cook 1 minute, stirring constantly. Add carrots and cook just until they begin to soften, about 4 minutes. Add artichoke hearts, mushrooms, thyme, and lemon zest; stir to combine. Return chicken to pan and stir in chicken broth. Cover, lower heat to maintain a gentle simmer, and cook 10 minutes. Add asparagus, cover, and cook 6 to 8 minutes, or until asparagus is tender-crisp. Remove from heat and top with shaved parmesan.

PER SERVING 347 CAL., 36% (126 CAL.) FROM FAT; 39 G PROTEIN; 14 G FAT (4.1 G SAT.); 17 G CARBO (7.1 G FIBER); 1,104 MG SODIUM; 125 MG CHOL. ■