

Middle Eastern Chicken

Serves 4

A hint of cinnamon and allspice adds panache to this simple tomato-based dish. Serve over couscous or on a bed of rice. This was adapted from a recipe in Sam Eukel's *Sensibly Thin: Low-Fat Living and Cooking, Volume II*.

- 1 pound boneless, skinless chicken breasts
- 1 can diced tomatoes, with juice (14 ½ ounces)
- 2 ¼ cups defatted reduced-sodium chicken broth
- ½ packaged onion soup mix (2 tablespoons)
- 2 tablespoons tomato paste
- 1 can artichoke hearts, drained and quartered (1 cup)
- ½ cup sliced black olives (2 ounces)
- ¼ teaspoon ground cinnamon

1. Cut chicken breasts into ½-x-1-inch pieces. Spray a large nonstick skillet with nonstick cooking spray. Add chicken and sauté over medium-high heat for 2-3 minutes or until browned.
2. Stir in tomatoes, broth, soup mix, and tomato paste. Bring to a boil; reduce heat to low and simmer, uncovered, for 20 minutes.
3. Add artichokes, olives, allspice, and cinnamon. Stir and simmer, uncovered, for another 5 minutes, or until no trace of pink remains in center of chicken. Serve hot.

Per Serving: Calories: 238, Fat: 6 g, Cholesterol: 70 mg, Sodium: 1,250 mg, Protein 32 g, Carbohydrate: 15 g.

Source: Eating Thin for Life, Anne M. Fletcher, MS, RD