

Cancer Prevention and Wellness

Chicken and Root Vegetable Stew

6 servings

Stewed dishes in the winter not only satisfy the soul, they help boost vegetable servings, and are real time savers, too! All of the work is done in the first 15 minutes and it usually requires only one pot. Stewing and braising are cooking techniques in which lean, tougher cuts of meat and poultry can be made tender and moist while they gently simmer. The result is a stew that is not only hearty and delicious, but one that fits well within the line-up of low-calorie, low-fat dishes.

1 Tbsp.	Olive oil	2	Celery stalks, thinly sliced	2	Garlic cloves, minced
¼ lb.	Boneless, skinless chicken breast, cut into bite-size pieces	2	Medium carrots, peeled and sliced	2	Medium sweet potatoes, peeled and cut into 1-inch cubes
¼ lb.	Boneless, skinless chicken thighs, cut into bite-size pieces	1	Large onion, chopped	2	Medium white potatoes, peeled and quartered
2	Medium turnips, peeled and cut into ½-inch cubes	2	Fresh thyme sprigs		Salt and freshly ground black pepper to season
8 cups	Homemade or low-sodium canned chicken broth	1	Bay Leaf	1 ½ Tbsp.	Cornstarch

Place ½ of the olive oil in a large dutch oven or braising pan, and set over medium-high heat. Add the chicken pieces; cook 5 to 7 minutes or until well browned. Transfer the chicken to a bowl or plate and loosely cover to keep warm.

Add the remaining olive oil to the Dutch oven along with the celery, carrots, and the onion. Cook, stirring, until lightly brown, then add the garlic and cook another minute or two. Return the chicken and any released juices to the Dutch oven, and stir in the remaining ingredients except for the cornstarch. Bring to a boil, then reduce the heat and simmer for 30 minutes, until the vegetables are tender. Season the stew with salt and pepper.

In a small cup or bowl, dissolve the cornstarch into ¼ cup of water to form a slurry. Stir the slurry into the simmering stew, and cook another 2 to 3 minutes until thickened. Serve with a crusty peasant bread.

Per serving:

Calories	Protein	Carbohydrates	Fat	Saturated Fat	Cholesterol	Fiber
325	37 g	26 g	7.5 g	1 g	113 mg	4 g

% of Calories: 33% Carbohydrate; 46% Protein; 21% Fat

Recipe by Laura Pensiero, RD

Ask-the-Chef - Go to www.mskcc.org and look under Wellness.

