



## **CHICKEN BRAISED WITH GRAPES AND STEWED LENTILS**

### **Ingredients:**

#### Chicken:

- medium chicken cut in 8 pieces
- 3 cloves garlic
- 3 shallot rough sliced
- 1 cup grapes, halved
- ¼ cup red ver jus or grape juice
- ¾ cup of water
- 1 star anise
- 2 sprig thyme
- 1 bay leaf

#### Lentils:

- 2 cups lentils (green, beluga or french lentils)
- 3 cups water
- 1 bay leaf
- 1 sprig of thyme
- 1 shallot
- 2 garlic cloves peeled

### **Directions:**

#### Chicken:

Heat dutch oven over medium heat and brown chicken pieces on all sides in small amount of oil. Drain oil and add rest of ingredients. Braise in oven or on stove top for 25 minutes.

#### Lentils:

Add all ingredients and stew for 20 minutes on medium heat.

**Serves 4**

## **Nutrition Facts**

Serving Size 359 g

### **Amount Per Serving**

**Calories** 364

Calories from Fat 10

	<b>% Daily Value*</b>
<b>Total Fat</b> 1.1g	2%
<b>Saturated Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 13mg	1%
<b>Total Carbohydrates</b> 63.7g	21%
<b>Dietary Fiber</b> 29.6g	118%
<b>Sugars</b> 7.1g	
<b>Protein</b> 25.1g	

Vitamin A 1%

Calcium 7%

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Vitamin C 17%

Iron 41%

\* Based on a 2000 calorie diet

**For more information please visit:**

[WHYY.org/widerhorizons/chefsguide.html](http://WHYY.org/widerhorizons/chefsguide.html)