

One Pan Turmeric Lemon Rice and Chicken with Kale

2 servings • 5 min prep time • 45 min cook time • 50 minutes total • 390 calories

Ingredients:

- 1 lb chicken thighs, boneless and skinless
- Freshly-cracked pepper
- 2 tsp olive oil
- 1 large shallot, minced
- 1 tsp cumin
- 1 tsp turmeric
- 1 large head of curly kale, torn into bite-sized pieces (thick middle stems removed)
- 1 cup of brown rice
- Juice and zest of 1 lemon
- 2 cups chicken stock, low sodium
- 1 cup 0% plain Greek yogurt
- 4 tsp olive oil for drizzling at the end



Instructions:

1. Salt and pepper both sides of the chicken.
2. Heat the oil in a medium-sized frying pan for 1-2 minutes until hot. Add the chicken and sear for about 2-3 minutes on each side, allowing the edges to brown.
3. Remove the chicken from the pan and place on a plate.
4. Add the shallot to the pan and sauté for 2-3 minutes until it becomes translucent.
5. Add the cumin, turmeric, and kale. Stir around and let the spices brown for 1-2 minutes until they become fragrant.
6. Add the rice, lemon juice and zest, and chicken stock. Place the chicken back on top of the mixture. Place a lid on the pan and reduce heat to a low simmer.
7. Simmer for 30-45 minutes until all of the chicken stock has been absorbed and the rice is cooked.
8. Remove from heat and divide the Greek yogurt and olive between the dishes.

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Nutrition Facts:

Calories	390
Total Fat	16.5 g
Cholesterol	0 mg
Sodium	225.9 mg
Total Carbohydrates	40.4 g
Protein	22.3 g
Calcium	19.1%
Iron	17.1%
Potassium	923.6 mg
Vitamin A	199.7%
Vitamin C	238.4%