

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Delicious Chicken Dinner in One Pan!

### You AND Your Family Will Love: North African Chicken and Chickpeas

2 TB Olive Oil  
2 Cups Chopped Yellow Onion  
1 TB Curry Powder  
2 Minced Garlic Cloves  
4 Boneless, Skinless Chicken Breasts  
Kosher Salt and Pepper  
1 Lemon, Juiced (2-3 TB)  
1 Cup Low Salt/Fat Chicken Stock  
1 Can Chickpeas (15 oz)  
½ Cup Plain Fat Free Yogurt  
½ Cup Chopped Cilantro  
1 Lemon for Garnish

**Step One** In a medium skillet, heat the olive oil. Add the onions and the curry powder, cook and stir for 5 minutes until softened. Add the garlic and cook for 1 minute.

**Step Two** Season the chicken with salt and pepper. Add to the onion mixture and sauté until browned. Add the lemon juice, chicken stock, and chickpeas to the pan. Cook and stir for 20 minutes over medium heat, or until chicken is cooked through and the sauce is reduced.

**Step Three** Remove from the heat, stir in the yogurt and cilantro, and add the lemon slices as garnish. Serve over brown rice or couscous, prepared with golden raisins and toasted almonds.

### 2 Kitchen Smidgen

Chickpeas are just another name for Garbanzo Beans. They are enjoyed in many cuisines, and are called by

different names depending on where they are used - including ceci, channa and Bengal gram. Around since prehistoric times, chickpeas are "nutty" tasting and packed with fiber, folate, zinc and protein

### 3 Get Creative

Curry powder is not just one spice, but a mixture of many different spices. For an African twist on Curry Powder, try making **Ras el Hanout**: Stir together 1 Tsp each: Nutmeg, Salt, Pepper, Ginger and Cumin, then add ½ Tsp each Mace, Allspice and Cinnamon. Ras el Hanout means in Arabic "top of the shop", and refers to a mixture of the best spices a seller has to offer.

## 4 WINE of the Week

### ONO - Viognier, Riesling, Chardonnay

Rapel Valley, Chile  
Total Wine about \$15.00

From the foothills of the Andes Mountains, here's the perfect pairing for curry chicken. It's a delicate blend of 35% Viognier, 35% Riesling and 30% Chardonnay that smells of tropical fruit and apricots and tastes of crisp citrus, peaches and cream. ONO is an ancient name in Chile and speaks to Anakena vineyards commitment to high quality and conservation of the environment.