

Chicken stew with olives and lemon

SERVES 4 | 45 MINUTES

Boned, skinned chicken thighs are just as convenient as breasts, and they have an added advantage: Their succulent texture and robust flavor stand up well to braising.

1 lb. boned, skinned chicken thighs, rinsed and patted dry

2 tbsp. flour

About ¾ tsp. salt, divided

About 1½ tsp. pepper, divided

2 tbsp. olive oil

2 large garlic cloves, minced

1 tbsp. capers, minced

Zest and juice of 1 lemon

½ cup dry white wine

1¾ cups reduced-sodium chicken broth

1 lb. Yukon Gold potatoes, scrubbed and cut into ¾-in. cubes

1 package (8 oz.) frozen artichoke hearts, thawed and quartered if large

1 cup finely chopped flat-leaf parsley

1 cup pitted medium green olives

Lemon wedges

1. Cut each chicken thigh into 2 or 3 chunks. In a resealable plastic bag, combine flour and ½ tsp. each salt and pepper. Add chicken, seal bag, and shake to coat.

2. Heat oil in a large pot over medium-high heat. Add chicken (discard excess flour) in a single layer and cook, turning once, until browned, 4 to 5 minutes total. Transfer to a plate.

3. Reduce heat to medium. Add garlic, capers, and lemon zest and stir just until fragrant, about 30 seconds. Add wine and simmer, scraping up browned bits from bottom of pan, until reduced by half, about 2 minutes. Add broth, ¼ tsp. salt, 1 tsp. pepper, the potatoes, and chicken; return to a simmer. Lower heat slightly to maintain simmer, cover, and cook 10 minutes.

4. Add artichokes to pot and stir. Cover and cook until potatoes are tender when pierced, 8 to 10 minutes. Stir in parsley, lemon juice to taste, and olives. Season with more salt and pepper to taste. Serve with lemon wedges.

PER SERVING 445 CAL., 44% (197 CAL.) FROM FAT; 28 G PROTEIN; 22 G FAT (3.6 G SAT.); 35 G CARBO (6 G FIBER); 1,252 MG SODIUM; 85 MG CHOL.

Vegetable ribbon pasta shells

SERVES 6 | 1½ HOURS

A mandoline will give you the most delicate vegetable ribbons, but if you don't have one, you can use a vegetable peeler.

MARINARA

1 medium onion, chopped

2 large garlic cloves, minced

1 tbsp. olive oil

2 lbs. ripe tomatoes, coarsely chopped

2 tbsp. each chopped fresh basil and fresh marjoram leaves

1 cup dry red wine

¼ cup tomato paste (plain or with garlic)

½ tsp. each salt and pepper

SHELLS AND FILLING

20 jumbo shell pasta (about 6 oz.)

¾ lb. zucchini

2 medium carrots

1 tbsp. chopped fresh marjoram leaves

8 oz. part-skim mozzarella cheese, shredded

1 cup canned chickpeas (garbanzos), rinsed and drained

½ tsp. pepper

½ cup grated parmesan cheese

1. Make marinara: In a 5- to 6-qt. pan over medium-high heat, cook onion and garlic in oil until golden, about 5 minutes. Stir in remaining sauce ingredients and bring to a boil. Reduce heat and simmer, stirring

occasionally, until thick, 25 to 30 minutes. Meanwhile, preheat oven to 475° and start step 2.

2. Prepare shells and filling: Cook pasta as package directs. Drain, then rinse under cold water. Slice zucchini and carrots lengthwise very thinly, using a mandoline or vegetable peeler. In a large bowl, toss vegetables with marjoram, mozzarella, chickpeas, and pepper.

3. Measure sauce; you'll need 4½ cups. To reduce, simmer longer; to increase, add water. Pulse in a food processor into a coarse purée.

4. Spread sauce in a 9- by 13-in. baking dish. Generously fill each pasta shell with a scant ½ cup vegetable mixture, mounding filling, and set pasta filled side up in sauce. Cover tightly with foil.

5. Bake shells until mozzarella melts, 12 to 15 minutes. Uncover, sprinkle with parmesan, and bake until parmesan begins to brown, 10 to 12 minutes more. With a wide spatula, transfer shells and some sauce to plates. Serve with remaining sauce.

Make ahead: Through step 4, chilled, up to 1 day. Preheat oven to 450° and heat, covered, until hot (30 minutes). Continue with step 5.

PER SERVING 344 CAL., 31% (108 CAL.) FROM FAT; 20 G PROTEIN; 12 G FAT (5.6 G SAT.); 42 G CARBO (5.3 G FIBER); 638 MG SODIUM; 27 MG CHOL.

➤ Instead of loading pasta shells with lots of cheese, use less and combine it with delicate ribbons of fresh vegetables

