



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

CHICKEN THIGHS WITH RED WINE, DRIED PLUMS AND GARLIC

By Chef Elizabeth Wiley

Serves 4

8 bone-in skin-on chicken thighs
8 fresh pitted prunes; or more to taste
8 whole peeled garlic cloves; or more to taste
2 whole cloves
1 rosemary sprig; bashed with pestle
1/2 Cinnamon stick; bashed with pestle
3/4 cup dry red wine
1/2 cup chicken stock
1/2 orange; juiced
salt and pepper

Set oven to 325.

Scatter the prunes, garlic cloves, cloves, cinnamon stick and rosemary sprig in the bottom of the pan. Arrange the chicken thighs on top, skin-side up. Mix the stock, orange juice and red wine together. Pour over the chicken. Salt and pepper chicken skin well. Cover with foil. Roast for two hours. Let rest in the juices.

Remove chicken to a platter or individual plates. Gently pick out prunes and garlic cloves and serve one of each per piece of chicken. Strain juice and ladle the fat off. Check for seasoning, adjusting with salt and pepper if necessary. Serve chicken, prunes, roasted garlic and juices with mashed or boiled potatoes and steamed kale, green beans, turnips, or any vegetable you like!

Nutrition Facts: *Calories: 310; Fat: 11 g; Sat Fat: 3 g; Cholesterol: 100 mg; Sodium: 150 mg; Carbs: 16 g; Fiber: 2 g; Sugars: 8 g; Protein: 29 g*