Chicken recipes? A dime a dozen. Chicken recipes worth adding to your repertoire? Priceless. Here are three.

Chicken Tagine

A tagine is an aromatic North African stew that’s named after the heavy clay pot in which it’s traditionally cooked.

3 Tbs. extra-virgin olive oil
1½ lbs. boneless, skinless chicken thighs
1 tsp. turmeric
¼ tsp. ground cumin
1 tsp. paprika
¼ tsp. cayenne
1 Tbs. whole wheat flour
2 cloves garlic, minced
2 cups low-sodium chicken broth
½ lb. zucchini, chopped
1 medium onion, chopped
1 stick cinnamon
1 15 oz. can no-salt-added diced tomatoes
½ tsp. kosher salt
1 cup whole wheat couscous

In a large, heavy pot, heat the oil over medium-high heat until simmering. Sauté the chicken in two batches until well browned, about 3 minutes per side. Remove the chicken from the pot to a plate.

Mix the spices and flour together in a small bowl. Reduce the heat to low and add the spices-flour mixture and garlic to the pot. Stir for 30 seconds then whisk in the broth. Add the vegetables, cinnamon, and tomatoes. Bring to a boil, then reduce to a gentle simmer. Return the chicken to the pot and gently simmer until the vegetables and chicken are tender, about 20 minutes. Season with up to ¾ tsp. of salt.

While the chicken stew is simmering, put the couscous in a heat-proof bowl and stir in 1 cup of boiling water. Cover and let stand until the chicken is ready.

When the stew is done, fluff the couscous with a fork. Serve the stew over the couscous. Serves 6.

PER SERVING
Calories: 320
Total Fat: 12 g
Sat Fat: 2 g
Protein: 28 g

Creamy Lemon Chicken

If you can’t find quinoa, try bulgur. The wine can be inexpensive but should be drinkable. A Sauvignon Blanc or Pinot Grigio would work well.

1 cup quinoa
2 Tbs. extra-virgin olive oil
1 lb. chicken breast cutlets—thinly sliced or pounded to ½” or less
3 shallots, minced
½ tsp. dry white wine
¼ cup low-sodium chicken broth
½ cup low-fat milk
1 lemon

Prepare the quinoa according to the instructions on the package.

Heat the oil in a large skillet over medium-high heat until the oil is shimmering. Sauté the chicken until lightly browned on one side, about 2 minutes, then sauté the other side until just opaque, about 30 seconds. Remove the chicken from the skillet to a plate. Reduce the heat to low and sauté the shallots and thyme for 2 minutes. Sprinkle in the flour. Whisk in the wine and bring to a boil. Whisk in the broth and milk and reduce the heat to simmer for 5 minutes. Season with up to ½ tsp. of salt and lemon juice to taste.

Return the chicken to the pan to heat through, about 2 minutes. Serve the chicken and sauce over the quinoa. Serves 4.

PER SERVING
Calories: 410
Total Fat: 13 g
Sat Fat: 2 g
Protein: 33 g

Chicken Puttanesca

If you’re not an anchovies fan, add a dozen chopped kalamata olives instead. The sodium is about the same.

3 Tbs. extra-virgin olive oil
1 lb. chicken breast cutlets—thinly sliced or pounded to ½” or less
4 cloves garlic, minced
4 anchovies
½ tsp. dried oregano
1 15 oz. can no-salt-added diced tomatoes
1 Tbs. capers
1 15 oz. can no-salt-added cannellini or navy beans, drained

Heat the oil in a large skillet over medium-high heat until the oil is shimmering. Sauté the chicken until browned on one side, about 3 minutes, then sauté the other side until just opaque, about 30 seconds. Remove the chicken from the skillet and reduce the heat to low.

Sauté the garlic, anchovies, and oregano for 1 minute. Add the tomatoes, capers, and beans and simmer until slightly thickened, about 8 minutes.

Return the chicken to the skillet to heat through. Serves 4.

PER SERVING
Calories: 340
Total Fat: 15 g
Sat Fat: 2 g
Protein: 31 g

Chicken Puttanesca