



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Pollo Guisado***

#### **Ingredients:**

- 1 tsp. sugar
- 1 Tbsp. extra virgin olive oil
- 1 lb. boneless, skinless chicken breasts or tenderloins (cut into 1-inch cubes)
- 1 cup low-sodium chicken stock
- Juice of 1 lemon
- 1 bell pepper (any color), thinly sliced
- 1 small onion (thinly sliced)
- 1 large carrot (sliced)
- 1 medium potato (cut into 1-inch cubes)
- 29 oz. canned, no salt added, diced tomatoes
- 1 tsp. minced garlic
- 1/4 tsp. oregano
- 1 bay leaf

#### **Directions:**

1. Add oil to a medium pot and heat over medium heat, add sugar, stir and cook for 1 minute (sugar should brown slightly).
2. Add chicken and cook until browned (3-4 minutes).
3. Add stock, lemon juice, bell pepper, onion, carrot, potato, tomatoes, garlic, and herbs to pot, cover and simmer until vegetables are cooked through (approx. 30 minutes). Remove bay leaf before serving.
4. Serve with brown rice.

*Serves 4*

*238 calories, 6.5 g fat, 1 g saturated fat,  
17 g carbohydrate, 3 g fiber, 27 g protein,  
185 mg sodium*

*Source: American Heart Association*

