

## **Traditional Coq au Vin**

Serving size: 1/6 of recipe

Serves: 6

### **Ingredients:**

3 cups cooked brown rice  
2 tablespoons olive oil  
1 whole chicken cut up or 6 bone in chicken thighs  
Dash of coarse ground black pepper  
Pinch of salt  
1 large onion, coarsely chopped  
3 cloves garlic, minced  
1½ bottles dry white wine  
2 cups fresh mushrooms, sliced thick  
3 tablespoons chopped fresh parsley  
4 large bay leaves  
1 large tomato, cut into large bite size pieces  
3 tablespoons all-purpose flour

### **Directions:**

Prepare the rice according to directions.

Heat the olive oil in a large skillet or Dutch oven.

Season the chicken with salt and pepper. Lightly brown the chicken on both sides over medium high heat.

Add the onions and garlic while browning the chicken. Stir frequently.

Add the wine, mushrooms, parsley, bay leaves and tomato. Bring to a boil and then reduce heat and simmer for about 20 minutes to finish cooking the chicken. Do not overcook or the chicken will be tough.

In a small bowl, whisk together the flour and some of the liquid from the pot. Stir the mixture into the pot. Cook and stir one minute more.

Serve over brown rice with a dry white wine such as Sauvignon Blanc.

### **Exchanges per serving:**

3 Meats, 3 Starches, 2 Vegetables

### **Nutrients per serving:**

Calories: 572

Calories from fat: 129

Total Fat: 15g

Cholesterol: 34mg

Sodium: 109 mg

Total Carbohydrate: 66g

Dietary Fiber: 10g

Protein: 17g