

Ingredients



2 Boneless, Skinless Chicken Breasts



1 Red, Yellow, or Orange Bell Pepper



½ cup Plain Nonfat Greek Yogurt



1 Tbsp Ras el Hanout



½ cup Long Grain White Rice



2 cloves Garlic



2 Tbsps Sliced Roasted Almonds



2 Scallions



1 Lemon



1 pinch Saffron



Prepare the ingredients & make the lemon yogurt

- Wash and dry the fresh produce.
- Cut off and discard the stem of the pepper. Quarter lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Peel and roughly chop 2 cloves of garlic.
- Thinly slice the scallions, separating the white bottoms and hollow green tops.
- Quarter and deseed the **lemon**.
- In a bowl, combine the yogurt and the juice of 2 lemon wedges; season with salt and pepper.

2 Cook the rice

- In a small pot, combine the rice, saffron, a big pinch of salt, and 1 cup of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.



• Turn off the heat and fluff with a fork.

3 Cook the chicken

- Meanwhile, pat the chicken dry with paper towels; season on both sides with salt, pepper, and enough of the ras el hanout to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.



- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board. Loosely cover with foil to keep warm.

4 Cook & finish the pepper

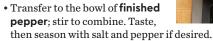
- In the pan of reserved fond, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the sliced pepper; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned.



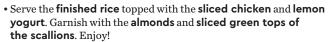
- Transfer to a large bowl and stir in the juice of the remaining lemon wedges.
- · Wipe out the pan.

5 Finish the rice & serve your dish

- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the cooked rice in an even layer. Cook, without stirring, 3 to 4 minutes, or until slightly crispy.









*An instant-read thermometer should register 165°F.



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