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## SPANISH CHICKEN WITH YELLOW RICE FROM LHJ ONLINE <http://www.lhj.com>

This simple yet savory chicken dish calls for whole chicken legs, which are usually a good bargain at the supermarket. Tip: To easily skin the chicken legs, grasp the skin with paper towels and pull it off the leg in one piece.

Prep time: 25 minutes  
Cooking time: 50 to 55 minutes  
Low-fat  
Degree of difficulty: Easy

- 6 whole chicken legs, skinned
- 1 1/4 teaspoons salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 tablespoon olive oil
- 2 cups chopped green pepper
- 2 cups chopped celery, with leaves
- 1 cup chopped onions
- 1 tablespoon chopped garlic
- 1 tablespoon cumin
- 1 can (16 oz.) whole tomatoes in juice
- 1 cup chicken broth
- 1 tablespoon flour
- 2 tablespoons white wine

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### YELLOW RICE

- 4 cups water
- 2 cups long-grain rice
- 1/2 teaspoon salt
- 1/4 teaspoon turmeric

1. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Heat oil in large Dutch oven over medium-high heat. Add chicken in two batches and cook 4 minutes per side until browned; transfer to plate.
2. Add green pepper, celery, onions and garlic to pot; cook 5 minutes, stirring occasionally until vegetables have softened. Add cumin; cook 30 seconds.
3. Stir in tomatoes with juice, breaking up tomatoes. Stir in broth, remaining 1 teaspoon salt and 1/4 teaspoon pepper. Return chicken to pot, stirring to cover with sauce. Bring to a boil; reduce heat to medium, cover and simmer 20 minutes. Uncover and simmer 20 minutes more until chicken is cooked through. Combine flour and wine in small bowl. Stir into stew and cook 5 minutes.
4. Make Yellow Rice: Meanwhile, bring water to boil in medium saucepan; stir in rice, salt and turmeric. Reduce heat; cover and simmer 20 minutes until liquid is evaporated and rice is tender. Makes 6 servings.