Chicken with Mustard and Thyme
Serves 4 to 6

- ½ cup Dijon mustard
- ¼ tsp. sweet or smoked paprika
- Freshly ground pepper
- ¾ teaspoon sea salt or Kosher salt
- 1 cup diced thick-cut bacon
- 1 small onion, peeled and finely diced
- 1 teaspoon fresh thyme leaves (or ½ teaspoon dried)
- Olive oil
- 4 chicken thighs and 4 legs
- 1 cup white wine or low-sodium chicken broth
- 2–3 tablespoons heavy cream
- Chopped fresh flat-leaf parsley or chives for garnish

1. Mix Dijon, paprika, pepper, and salt in a bowl. Toss chicken pieces in mustard mixture until well coated.

2. Heat a very large skillet or a Dutch oven over medium-high heat and add bacon. Fry until cooked just through and starting to brown. Remove bacon from pan and drain on paper towels. Leave about 1 tablespoon bacon fat in the pan (discard the rest). Add onion and cook about 5 minutes, until soft and translucent. Stir in thyme and cook another few minutes. Scrape onion mixture into large bowl, along with the bacon.

3. Heat a bit of olive oil in same pan on medium-high heat and add chicken pieces in a single layer. (If they don’t fit, cook them in two batches). Brown well on both sides. Remove chicken from pan and place in bowl with onion-bacon mixture.

4. Add wine or chicken broth to hot pan and scrape darkened bits from the pan bottom. Return chicken pieces, bacon, and onions to pan. Cover and cook over low to medium heat, turning chicken a few times, until cooked through, about 15 minutes. Check doneness by inserting a knife into the meat next to the thigh bone. If it’s red, continue cooking a few more minutes.

5. Remove pot from heat and stir in heavy cream. If the sauce is quite thick, thin with a little warm water. Sprinkle chicken with chopped parsley and serve from the pan.

Per Serving
400 calories
23g fat
8g carb
40g protein
Flatbread with Tomatoes, Chickpeas, and Yogurt Sauce
Serves 8

- 2 garlic cloves, finely chopped
- 1 teaspoon sumac
- ½ teaspoon crushed red pepper flakes (optional)
- ½ teaspoon ground coriander seed
- ½ teaspoon ground cumin
- 1 teaspoon sea salt or Kosher salt, plus more to taste
- 2 large heirloom tomatoes, sliced
- 1 (15.5-ounce) can chickpeas, drained and rinsed
- 2 tablespoons red wine vinegar
- Freshly ground pepper
- 1 small shallot, thinly sliced
- 1 cup fresh parsley, chopped, divided
- 3 tablespoons olive oil, plus more to taste
- 1 Persian or English cucumber, chopped
- ¾ cup plain yogurt
- ¾ cup coarsely chopped mint
- Hot sauce (optional)
- 1 pkg. naan flatbread (4 pieces)

1. Combine garlic, sumac, red pepper flakes (if desired), coriander, cumin, and 1 teaspoon salt in a small bowl.
2. Arrange tomato slices in single layer on a rimmed baking sheet and sprinkle with garlic mixture. Let sit at room temperature 30–60 minutes.
3. Toss chickpeas and vinegar in a medium bowl and season with salt and pepper. Mash half the chickpeas with a fork. Add shallot, ½ cup parsley, and oil. Toss to combine; season with salt and pepper. Set aside.
4. Combine cucumber, yogurt, mint, and remaining ½ cup parsley in a medium bowl; season with hot sauce (if desired) and pepper. Let stand at room temperature at least 15 minutes or up to 1 hour.
5. Preheat oven to 350˚ F.
6. Place naan bread on a cookie sheet and bake 5 minutes or until warmed.
7. Top each flatbread with yogurt sauce, chickpea mixture, and tomatoes. Drizzle with olive oil and season well with salt and pepper. Cut in half before serving.

Per Serving
275 calories
11g fat
7.5g carb
2.5g protein
Zucchini with Garlic, Lemon, and Olive Oil
Serves 4

- 2–4 tablespoons olive oil
- 4 medium zucchini, washed, ends trimmed, grated
- 2 cloves garlic, thinly sliced or chopped
- Zest of ½ lemon
- Juice of ½ lemon
- Kosher or sea salt and freshly ground pepper

1. Heat olive oil over medium heat in a 12-inch frying pan. Add garlic and zucchini to pan, stirring to keep garlic from burning. Continue stirring until mixture begins to soften.
2. Stir in lemon zest, lemon juice, salt, and pepper.

Per Serving
- 125 calories
- 11g fat
- 7.5g carb
- 2.5g protein
**Peach Compote**  
Serves 8

- 4 ripe peaches  
- ⅛ teaspoon nutmeg  
- ⅛ teaspoon allspice  
- ¼ teaspoon cinnamon  
- 2 tablespoons cranberry juice  
- 2 tablespoons brandy (or 2 more tablespoons cranberry juice)  
- 2 tablespoons light brown sugar or honey  
- 1 tablespoon butter

1. Bring a pot of water to a boil. Dip ripe peaches into water 30 seconds and remove with a slotted spoon. Use a small paring knife to easily slip off skin. Cut peaches in half and remove the pit. Cut peaches into ½-inch wedges.

2. Place peaches in a medium-sized saucepan. Add spices, juice, brandy, and sugar. Cover and simmer 5 minutes, until peaches are tender. Remove peaches to a bowl.

3. Gently boil liquid until syrupy. Whisk in butter and add peach slices back to the saucepan. Serve with whipped cream, ice cream, pound cake, shortcake, pancakes, waffles, or plain yogurt. Cool and store any leftover compote in refrigerator up to 2 weeks.

**Per Serving**
- 50 calories  
- 1.5g fat  
- 10g carb  
- 0.5g protein