



Wednesday, Sep. 15, 2010

Recipe: Mediterranean chicken and artichoke potpie

2 teaspoons extra-virgin olive oil

1 small yellow onion, chopped (1/2 cup)

3/4 cup uncooked converted white rice

1 tablespoon lemon juice

1/2 teaspoon salt, or to taste

1/4 teaspoon ground black pepper, or to taste

Servings: eight

1 1/2 cups water

14-ounce can artichoke hearts, drained

3 cups diced, cooked chicken

1 cup crumbled feta cheese

2 tablespoons chopped fresh oregano

2 teaspoons grated lemon zest

6 large (14-by-18-inch) sheets thawed filo dough

6 tablespoons butter, melted

In a medium saucepan over medium, heat the oil. Add the onion and cooked, stirring often, until softened and lightly browned, 3 to 5 minutes.

Add the rice, lemon juice, salt, pepper and water. Bring to a boil, then reduce heat to maintain a gentle simmer. Cover and simmer the rice until tender and it has absorbed all the liquid, about 15 minutes. Transfer to a large bowl to cool slightly.

Heat the oven to 375 F.

Gently squeeze any excess liquid from the artichoke hearts, slice thinly and add to the rice. Add the chicken, feta, oregano and lemon zest. Stir to combine thoroughly.

Keeping the sheets of filo dough in a single stack, cut them in half crosswise to make 12 pieces. Cover the pieces with plastic wrap to prevent them from drying as you work.

Brush the bottom of a 9-by-13-inch baking dish with butter.

Brush the top of a piece of filo with butter and set it in the prepared baking dish. Repeat with 5 more pieces of filo. Spread the chicken and rice filling in an even layer over the filo. Top with 6 more pieces of buttered filo.

Bake the pie for 35 to 40 minutes, or until the filo is crisp and golden. Let stand for 5 minutes to cool, then cut into squares to serve.

Start to finish: 1 hour 10 minutes (30 minutes active)

Nutrition information per serving (values are rounded to the nearest whole number): 344 calories; 167 calories from fat (49 percent of total calories); 19 g fat (10 g saturated; 0 g trans fats); 92 mg cholesterol; 26 g carbohydrate; 18 g protein; 0 g fiber; 714 mg sodium.