



Chicken and Vegetables with Mole Sauce

Ingredients

- nonstick cooking spray
- 6 each skinless drumsticks and thighs
- 3 dried ancho chilies, seeded and torn into pieces
- 2¼ cups low-sodium chicken broth
- 1 medium onion, peeled and chopped
- 1½ cups fresh tomatillos (about 7 medium tomatillos), husks removed, washed, and diced
- 2 teaspoons ground cumin
- ¼ teaspoon salt
- 2 fresh cactus leaves (about 1 cup), cleaned and chopped
- ¾ pound fresh trimmed green beans

Preparation

1. Place chicken in a large skillet sprayed with nonstick cooking spray. Cook over medium heat for about 10 to 15 minutes per side or until cooked through.
2. While chicken is cooking, prepare mole sauce. Toast ancho chilies in a large skillet over medium-high heat for 1 minute, stirring constantly. Add broth to skillet and set aside.
3. Spray a large saucepan with nonstick cooking spray. Add onion; cook and stir over medium-high heat for 5 minutes. Add chili and broth mixture, tomatillos, cumin, and salt; bring to a boil, then reduce heat and simmer for 10 minutes. Let cool slightly and transfer to a blender container.
4. Puree until smooth and pour over chicken; cook for 5 minutes more.
5. Cook cactus and green beans in boiling water for about 5 minutes; drain. Serve chicken and sauce over cooked vegetables.

A lot faster than a traditional mole and just as good!

Makes 6 servings. 1 drumstick, 1 thigh, and ¾ cup of vegetables per serving.

Prep time: 15 minutes

Cook time: 45 to 55 minutes

Nutrition information per serving:

Calories 239, Carbohydrate 11 g, Dietary Fiber 4 g, Protein 31 g, Total Fat 8 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 92 mg, Sodium 388 mg