

Roast Chicken with 40 Cloves of Garlic



Hands-On Prep 15 MIN

Cook 1 HR 25 MIN

Serves 8

1 Preheat the oven to 375°F. Heat the oil over medium heat in an ovenproof skillet large enough to hold the chicken in a single layer. Add the chicken, skin side down, and cook until browned on all sides, about 5 minutes. Transfer the chicken to a plate.

2 Discard any fat from the skillet and set over medium-high heat. Add the wine, broth, and tomato paste; cook, scraping up the browned bits from the bottom of the skillet. Remove the skillet from the heat; stir in the remaining ingredients. Add the chicken and toss to coat with the sauce. Cover the skillet tightly with foil and bake until the chicken is cooked through and the garlic is softened, 1¼–1½ hours. Remove the chicken skin before eating.

PER SERVING (1 piece of chicken with 5 garlic cloves and 2–3 tablespoons sauce): 158 Cal, 5 g Fat, 1 g Sat Fat, 0 g Trans Fat, 56 mg Chol, 337 mg Sod, 6 g Carb, 1 g Fib, 22 g Prot, 46 mg Calc.

POINTS value: 3.

1 tablespoon extra-virgin olive oil
4 (½-pound) bone-in chicken-breast halves
4 (½-pound) bone-in chicken thighs
½ cup dry white wine
½ cup reduced-sodium chicken broth
2 tablespoons tomato paste
40 garlic cloves, unpeeled
½ teaspoon dried rosemary
½ teaspoon dried thyme
1 bay leaf
¾ teaspoon salt
¼ teaspoon freshly ground pepper

Make It Core It's easy to enjoy this French classic if you're following the **Core Plan**. Just omit the wine and increase the chicken broth to 1 cup.