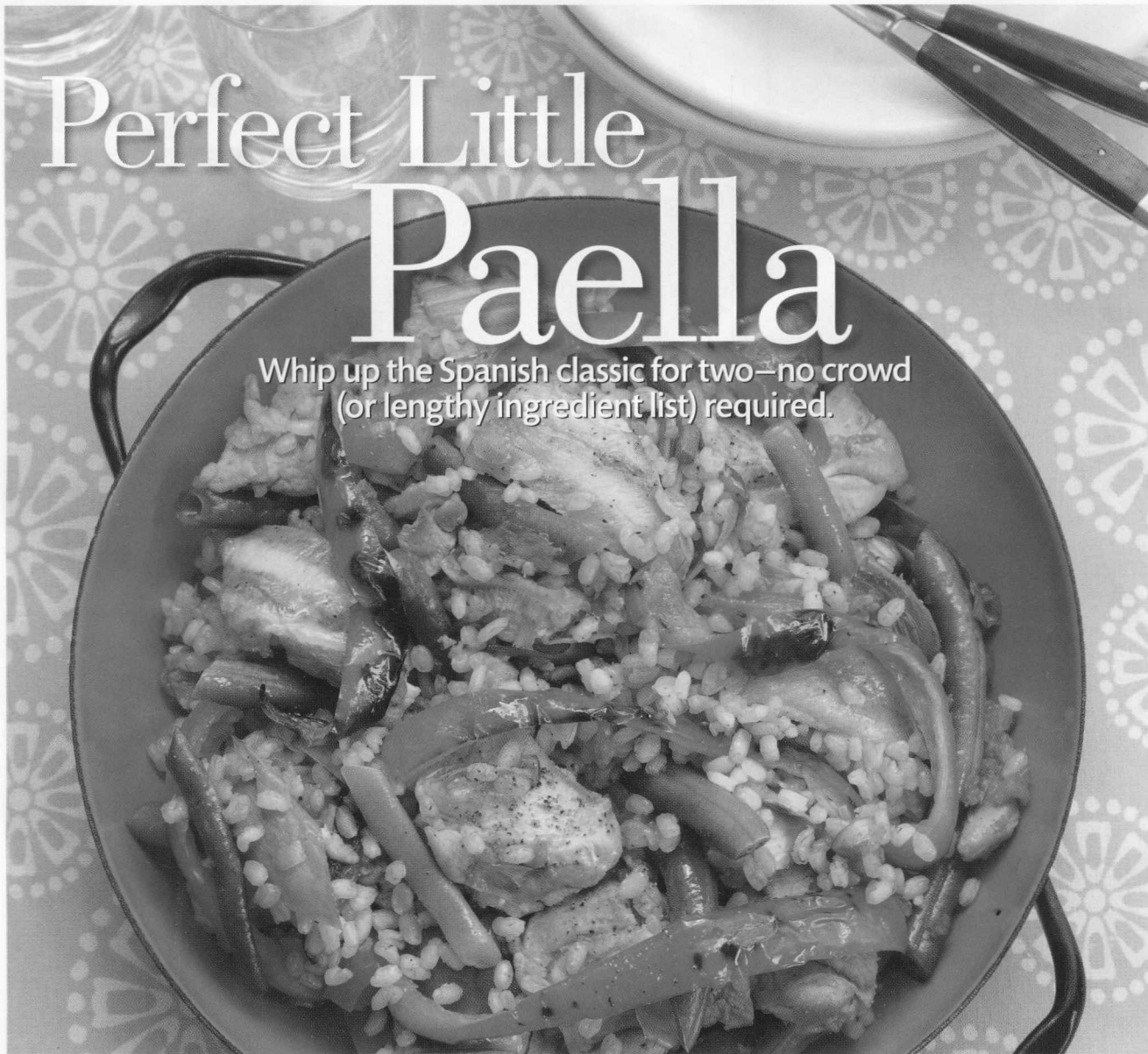


Perfect Little Paella

Whip up the Spanish classic for two—no crowd (or lengthy ingredient list) required.



Pint-Size Paella **B**

PREP 20 MIN COOK/BAKE 30 MIN SERVES 2

- | | |
|--|--|
| 2 (¼-lb) skinless boneless chicken thighs, halved | 2 fresh baby artichokes, trimmed and quartered |
| 1 small onion, chopped | ¼ lb fresh green beans, trimmed |
| 1 large garlic clove, crushed through a press | 1½ c shelf-stable cooked brown rice (from 8.8-oz bag) |
| ¾ tsp smoked paprika | ⅓ c roasted red bell pepper, cut into thin strips |
| ¼ tsp salt | |
| ¾ c low-sodium chicken broth | |

- 1 Preheat oven to 425°F. Spray 2 (2- to 3-c) shallow baking dishes with nonstick spray.
- 2 Spray medium nonstick skillet with nonstick spray and set over medium-high heat. Add chicken and cook until browned, about 3 minutes. Turn chicken; sprinkle onions around chicken. Cook, stirring onions, until chicken is browned, about 3 minutes. Stir in garlic, paprika, and salt. Add broth and bring to boil, scraping up browned bits from bottom of skillet. Stir in artichokes; cover and simmer 10 minutes. Stir in green beans; cover and simmer until the vegetables are tender, 6–8 minutes. Stir in rice and roasted peppers.
- 3 Divide paella between baking dishes. Bake until bubbling, 8 minutes. This recipe works with the Simply Filling technique.

PER SERVING (2 CUPS): 412 CAL, 11 G FAT, 3 G SAT FAT, 0 G TRANS FAT, 70 MG CHOL, 494 MG SOD, 47 G CARB, 12 G FIB, 32 G PROT, 88 MG CALC. **POINTS VALUE: 8.**

PHOTOGRAPHY: MIHA MATEL



For tips on cooking and storing all kinds of rice, go to weightwatchers.com/ricetips.

