



## Featured Recipe

Olson Women's Health Resource Center  
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### Easy Weeknight Chicken and Dumplings

*Wanting to feed the family a healthy meal on the weeknights but having a hard time finding the time? Try this Easy Weeknight Chicken and Dumping recipe. It has a good balance of macronutrients and a decent amount of fiber to help you feel your best. Make a double batch and freeze for an even easier meal next time. Enjoy!*

*Jaime Stevens, Registered Dietitian, Licensed Medical Nutrition Therapist for the Olson Center*

#### INGREDIENTS

- 2 tablespoons olive oil
- 1 ½ pound, boneless, skinless chicken thighs
- Kosher salt and freshly ground black pepper
- 1 medium yellow onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 bay leaves
- 1 sprig thyme
- 1 (8-ounce) package of sliced mushrooms
- 3 tablespoons all-purpose flour
- 2 (32-ounces) containers of chicken stock

#### For Dumplings

- 1 ½ cups all-purpose flour, spooned and leveled
- 1 ½ teaspoon baking powder
- 1 tablespoon fresh thyme
- 1 teaspoon kosher salt
- ¾ cup buttermilk
- 1 large egg

#### INSTRUCTIONS

1. **Make soup:** Heat oil in a large pot or Dutch oven over medium-high heat. Season chicken with salt and pepper. Cook, in batches, turning once, until brown and just cooked through, 8 to 10 minutes. Transfer to a plate and shred with two forks; reserve pot.
2. Reduce heat to medium. Add onion, carrots, celery, bay leaves, and thyme sprig to reserved pot. Season with salt and pepper. Cook, stirring occasionally, until it starts to soften, 4 to 6 minutes. Add flour and cook, stirring, for 30 seconds. Add stock and chicken. Bring to boil. Reduce and simmer until it starts to thicken slightly, 6 to 8 minutes.
3. **Make dumplings:** Meanwhile, combine flour, baking powder, thyme, and salt in a bowl. In a measuring cup whisk together buttermilk and egg. Add wet ingredients to dry ingredients and stir to combine.
4. Drop 6 large mounds of mixture on top of soup. Cover and simmer until dumplings are cooked through, 15 to 20 minutes. Discard bay leaves and thyme. Serve immediately. Enjoy!

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Prep Time: 35 minutes

Total Time: 55 minutes

Servings: 6

#### NUTRITION

Calories: 342 Cal

Carbohydrates: 27g

Fat: 16g

Protein: 13g

Dietary Fiber: 2g

Cholesterol: 40mg

## **Olson Wellness Exchange**

The Olson Wellness Exchange is a free wellness program offered by the Olson Center. Designed to help community members incorporate health and wellness into their daily lives; by joining the Olson Wellness Exchange you will receive up-to-date information on Olson Center educational offerings and learn about companies in Omaha area that are working to improve wellness in the community. Some benefits of your FREE O.W.E. membership include monthly e-mails or mail with current offerings and promotions from O.W.E. partners, a free subscription to our quarterly women's health newsletter, and notifications of educational seminars specific to health issues. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health – Resource office located on the 4<sup>th</sup> Floor of the Durham Outpatient Center on UNMC's main campus. Registration can also be completed online at [www.unmc.edu/obgyn/community/](http://www.unmc.edu/obgyn/community/).

