



## Chesapeake Bay Herb Society

### Yogurt Chicken Tart with Sage and Thyme

- 1 skinned chicken (2  $\frac{1}{2}$  to 3 pounds), cut into parts
- $\frac{1}{4}$  pound small white onions, peeled
- 2 medium carrots, peeled and sliced
- 1 medium rib celery, cut into thin slices
- 2 tablespoons all-purpose or soy flour
- $\frac{1}{3}$  cup dry white wine or water
- 2 cups low-sodium chicken broth
- 1 bay leaf
- 1  $\frac{1}{2}$  teaspoons chopped sage, plus fresh sprigs for garnish
- 1  $\frac{1}{2}$  teaspoons chopped thyme, plus fresh sprigs for garnish
- $\frac{1}{4}$  teaspoon black pepper
- 1 medium zucchini (about  $\frac{1}{2}$  pound), cut into a small dice
- 4 medium baking potatoes (about 1  $\frac{1}{2}$  pounds), peeled and quartered
- 1 tablespoon unsalted butter
- $\frac{1}{4}$  cup skim milk
- $\frac{1}{3}$  cup plain low-fat yogurt
- Sprinkle of paprika



Place the chicken pieces in a heavy 6-quart Dutch oven that has been coated with cooking spray. Cook over moderate heat, turning often, for about 5 minutes. Add the onions, carrots, and celery; cover and cook for 10 minutes. Blend in the flour; add the wine, chicken broth, bay leaf, sage, thyme, and pepper. Cover and simmer for 20 minutes.

Lift the chicken pieces from the pot. Remove the meat from the bones and cut into bite-size pieces. Return the chicken meat to the pot, along with the zucchini, then cover and simmer for 10 minutes.

Boil the potatoes in enough unsalted water to cover until tender, 20 to 25 minutes. Drain well, then mash with the butter and milk; set aside. Preheat the oven to 400 degrees.

Using a slotted spoon, transfer the chicken and vegetables to a 2-quart casserole, removing the bay leaf. Whisk the yogurt into the cooking liquid then strain over the chicken. Spoon or pipe mashed potatoes around the edges of the casserole. Sprinkle with paprika and bake, uncovered for 20 minutes or until bubbly. Garnish with a sprig of thyme and a sage leaf.

Piped mashed potatoes edge a baked chicken and vegetable center, ready for serving right at your table.

Servings: 4