



Piedmont Chicken and Rice

Ingredients:

- 2 pounds boneless skinless chicken thighs, cut into bite-sized pieces
- 3 tablespoons Piedmont seasoning blend (recipe follows)
- 2 tablespoons canola oil
- 2 cups long grain rice
- One 14.5-ounce can diced tomatoes, with juice
- 6 cups low country boil broth
- 2 pounds zucchini, sliced into ½ inch half-moons
- Chopped parsley, optional

Procedure:

1. Toss the chicken with the seasoning until thoroughly coated.
2. Heat the oil in large heavy bottomed pot over high heat. Add the chicken, spreading it evenly into one layer; allow to sear without stirring for 4 minutes. Stir, then let cook undisturbed for another 4 minutes.
3. Add the rice and stir to thoroughly coat the grains with oil.
4. Stir in the tomatoes and broth, scraping up any bits of fond on the bottom of the pot.
5. Bring to a boil, stirring occasionally. Cover, reduce the heat to low, and cook at a simmer for 15 minutes.
6. Fold in the zucchini, cover, and continue cooking for 15 minutes.
7. Give the dish a gentle stir, then cover, turn off the heat, and allow to sit for five minutes.
8. Transfer to a serving dish and garnish with chopped parsley.

Piedmont Seasoning

Ingredients:

- 3 ½ tablespoons paprika
- 2 tablespoons table salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Procedure:

1. Whisk all ingredients together in a small bowl until well combined.
2. Store in an airtight container.

Yield: 1/3 cup plus 3 ½ tablespoons