



Paella

Ingredients:

4 cups reduced-sodium chicken broth
1/4 teaspoon saffron threads, crushed, or a pinch of powdered saffron
1 tablespoon extra-virgin olive oil, divided
8 ounces medium shrimp, peeled and deveined
8 ounces boneless, skinless chicken breast, trimmed and cut into 1/2-inch-thick strips
Salt & freshly ground pepper, to taste
1 onion, chopped
2 cloves garlic, minced
1 15-ounce can tomatoes, (with juice)
1/8 teaspoon crushed red pepper
2 cup short grain rice (preferably Spanish rice)
1 cup artichoke hearts, (thawed if frozen)
1 cup frozen peas, thawed
1/3 cup bottled roasted red pepper, cut into strips
1/3 cup smoked mussels, (2 ounces) (not packed in oil)

Directions:

Combine broth and saffron in a small saucepan; bring to a simmer. Remove from the heat and set aside.

Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. When the pan is hot, add shrimp and sauté until pink and curled, 3 to 5 minutes. Remove from the pan and set aside. Add 1 teaspoon oil to the pan. Add chicken and sauté until lightly browned on the outside and opaque inside, 3 to 5 minutes. Remove from the pan. Season the shrimp and chicken with salt and pepper and set aside.

Reduce heat to medium and add the remaining 1 teaspoon oil to the skillet. Add onions and garlic; sauté until softened, 3 to 5 minutes. (Add 1 to 2 tablespoons water if they become too dry.) Stir in tomatoes and crushed red pepper; simmer, uncovered, for 3 minutes, breaking up tomatoes with a wooden spoon. Add rice and stir to coat well with the tomato mixture. Stir in the reserved chicken broth and bring to a simmer. Cover and cook over low heat for 20 minutes.

Gently stir artichoke hearts, peas, roasted red peppers, smoked mussels and the reserved shrimp and chicken into the rice mixture. Cover and cook until the rice is tender and the shrimp and chicken are heated through, 5 to 10 minutes longer. (Stir occasionally to prevent scorching, if necessary.) Taste and season with salt and pepper. Serve immediately.