

Chicken with Olives and Rice

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time:

Serves:

CChints: This recipe comes from Spain and Italy. When you mix olive oil and butter you get the best of both flavors for cooking without the butter burning. Dark meat chicken will have more flavor than white meat, however the white meat is leaner. For this recipe we are going after flavor and we selected thighs. Ginger paste can be found in jars by Spice World® in a chilled area of your market like the produce section. Once the jar is opened it can be stored in the refrigerator for months and used when you need ginger. Turmeric is a spice used in Indian cooking that adds wonderful flavor and tends to turn the dish a warm orange color. This recipe has a lot of ingredients but they blend so well together.



4 servings of cook saffron yellow rice – cooked according to package directions

2 teaspoons olive oil and 2 teaspoons butter

4 boneless, skinless chicken thighs, extra fat removed and rinsed

1/2 teaspoon each of salt and pepper, divided

2 cups yellow, sweet onion, chopped

4 gloves of fresh garlic, minced or 1 Tablespoon from a jar

1 teaspoon ginger paste or freshly ground ginger

1 teaspoon cumin

1 teaspoon smoked paprika

1/4 teaspoon ground cinnamon

1/2 teaspoon ground turmeric

1 bay leaf

14 ounce can fat-free, less-sodium chicken broth or

1/4 cup kalamata olives, sliced

1/4 cup green pitted olives with pimento, sliced

2 tablespoons fresh lemon juice (about 1 good size lemon)

Cook the rice according to package directions which can take up to 25 minutes, that is why we are starting it first.

Heat the olive oil and butter in a large nonstick skillet over medium-high heat. Sprinkle with half of the salt and pepper. Add the cleaned chicken to the pan and cook for 3 minutes on each side or for about 10 minutes. Remove the chicken from the pan to a container to stay warm.

Reduce the heat to low and add the onions, remaining salt and pepper to the pan, scraping the bottom of the skillet to get the brown bits which hold a lot of flavor. Stir and cook for 3 minutes then slowly add the chicken broth and stir in garlic through bay leaf and bring it to a boil.

Return the chicken to the pan along with any juices and reduce the heat to a simmer. Cook for 10 more minutes and then add the olives and cook uncovered for 5 minutes until the chicken is done. Stir in the lemon juice and turn off the heat. By now the rice should be done.

To plate this dinner, put a serving of rice on each plate. Top with 1 to 2 pieces of chicken and finish with a 1/2 cup of the sauce on top.

Caroleicious!