

Mediterranean Chicken

Jacob · 29/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

6

Description

This Mediterranean chicken recipe features chicken breasts simmered in a sauce of tomatoes olives white wine garlic and herbs

Ingredients

- - 2 tablespoons white wine - 2 teaspoons olive oil - 6 skinless
- boneless chicken breast halves - 3 cloves garlic
- minced - ½ cup diced onion - 3 cups tomatoes
- chopped - ½ cup white wine - 2 teaspoons chopped fresh thyme - 1 tablespoon chopped fresh basil - ½ cup kalamata olives - ¼ cup chopped fresh parsley - salt and pepper to taste

Instructions

1. Heat white wine and oil in a large skillet over medium heat. Add chicken and cook until golden
2. about 4 to 6 minutes on each side. Remove chicken from skillet and set aside. Add garlic to pan drippings; sauté for 30 seconds. Add onion; cook and stir until onions are tender
3. about 3 minutes. Add tomatoes and bring to a boil. Reduce heat to low and add 1/2 cup white wine; simmer for 10 minutes. Add thyme and basil and simmer for 5 more minutes. Return chicken to skillet
4. cover
5. and cook over low heat until the chicken is cooked through and no longer pink inside. Add olives and parsley; cook for 1 minute. Season with salt and pepper and serve. Editor's Note: This recipe is from The Webb Cooks
6. articles and recipes by Robyn Webb
7. courtesy of the American Diabetes Association.