

September 26, 2014

**RECIPE: Chicken Marbella**

Sautéed Chicken in a Mediterranean-style sauce with Capers, Prunes, and Spanish Olives  
Servings: 4

- 4 chicken breasts, boneless, skinless
- 4 chicken thighs, boneless, skinless
- 1 tablespoon oil
- 4 cloves garlic, minced
- 1/2 cup dry vermouth
- 1/2 cup chicken broth
- 1/4 cup brown sugar, dark, packed
- 1/4 cup green olives, Spanish
- 2 teaspoons oregano, dried
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup capers, rinsed
- 1/2 cup prunes, pitted , bite size
- Wondra, to thicken

In a medium sauté pan, sauté chicken in oil until they just lightly browned on each side. Add garlic and cook 1 minute. Add the remaining ingredients (vermouth, chicken broth, brown sugar, green olives, oregano, salt, pepper, capers, prunes). Mix well and bring to a boil. Lower heat and simmer 10 minutes. Remove chicken and whisk in Wondra a little at a time until a light syrupy consistency is reached. Cool chicken and sauce separately. Place chicken in containers. Pour sauce over chicken and store in freezer.

Reheating instructions:

Heat in microwave until chicken is hot throughout.

Serving Suggestions:

Serve with Couscous

