



Chicken with Green Olives & Prunes

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 2

Nutrition Information Per Serving

322.1 calories, 8.34 g carbohydrate, 1.89 g fiber, 6.45 g NET carbs, 30.13 g protein, 18.68 g fat

Ingredients

- 1/2 tsp(s) freshly ground black pepper
- 1 cup organic reduced-sodium chicken broth
- 4 thigh(s) organic chicken (skinless)
- 1/4 cup(s) organic red wine vinegar
- 24 medium(s) Castelvetrano olives
- 2 whole(s) organic prunes, chopped
- 1 Tbsp virgin coconut oil

Preparation

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Add the chicken and cook until browned, about 2 minutes per side.
3. Add broth and vinegar to the pan; bring to a simmer and stir.
4. Add olives, prunes and pepper; reduce heat to low.
5. Cover and cook until the chicken is tender and no longer pink in the center, 12 to 15 minutes.
6. Transfer the chicken to serving dishes. Spoon sauce over chicken.
7. Serve.

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