



Mediterranean Chicken with Artichokes, Grape Tomatoes & Kalamata Olives

Active Time: 15 minutes | Total Time: 1 hour | Serves: 4

Nutrition Information Per Serving

295.3 calories, 3.52 g carbohydrate, 1.33 g fiber, 2.19 g NET carbs, 28.74 g protein, 17.93 g fat

Ingredients

- 1/2 can(s) Native Forest Quartered Artichoke Hearts (14 oz)
- 1/2 tsp(s) sea salt
- 1/4 tsp(s) fresh ground black pepper
- 1 Tbsp organic avocado oil
- 16 large(s) organic Kalamata olives
- 16 organic grape(s) organic grape tomatoes, whole
- 8 drumstick(s) pastured chicken

Preparation

1. Preheat oven to 350 F.
2. Sprinkle chicken with salt and pepper.
3. In a medium skillet that has a lid, add avocado oil and heat over medium-high heat. When shimmering, add drumsticks to pan with oil. Cook two minutes, then turn. Continue cooking and turning until golden.
4. Add whole grape tomatoes to the pan around the chicken. Cook, stirring 2 minutes.
5. Pour artichoke juice and artichoke hearts all over the chicken and tomatoes (this helps to tenderize the meat).
6. Add the olives and additional water to barely cover chicken to keep moist.
7. Put the lid on the chicken and place in the preheated oven.
8. Bake covered for 45 minutes. Remove from oven, divide chicken, vegetables and sauce among plates.
9. Serve.

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