



## 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.&nbsp;
4. Add whole grape tomatoes to the pan around the chicken. Cook, stirring 2 minutes.&nbsp;
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&nbsp;water to barely cover chicken to keep moist.&nbsp;
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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