



weekend intermediate

SICILIAN OLIVE CHICKEN

1 14-ounce can petite diced tomatoes with garlic and olive oil or other Italian-style seasoning
1½ cups frozen chopped spinach, thawed
⅓ cup halved Sicilian or other green olives
1 tablespoon capers, rinsed
¼ teaspoon crushed red pepper, or to taste
4 4-ounce chicken cutlets
¼ teaspoon freshly ground pepper
1 tablespoon extra-virgin olive oil

Combine tomatoes, spinach, olives, capers and crushed red pepper in a bowl. Sprinkle both sides of chicken with pepper.

Heat oil in a large skillet over medium-high heat. Cook the chicken until browned on one side, 2 to 4 minutes. Turn it over; top with the tomato mixture.

Reduce heat to medium, cover and cook until cooked through, 3 to 5 minutes.

Serves 4
Active Time: 20m
Total Time: 20m

NUTRITION FACTS

Amount per serving:
Calories: 210
Total Fat: 8g
Saturated Fat: 1g
Monounsaturated Fat: 5g
Cholesterol: 63mg
Sodium: 527mg
Carbohydrates: 8g
Dietary Fiber: 3g
Total Sugars: 3g
Added Sugars: 0g
Protein: 26g
Potassium: 401mg

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