

Main Course

Greek Island Style Chicken

** Gluten-Free*

This recipe is a fast gourmet option. Chicken tends to cook quite fast. This recipe lets the flavors meld for approximately 15 minutes and then "wa-la" ... A delicious meal transporting you to Greece is done!

You'll Need

- 2 chicken breasts, halved, skinned
- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves, garlic, minced
- 1/8 teaspoon crushed red pepper
- 1 1/2 ounces sun dried tomatoes, halved
- 1/2 cup dry white wine
- 1/3 cup sliced, pitted, kalamata olives
- 1 lemon, sliced
- 1 1/2 teaspoons cinnamon
- 1 teaspoon honey
- 1/2 teaspoon pepper
- Salt
- Chopped parsley



Directions

- In a large skillet, cook chicken in olive oil over medium heat for about 5 minutes, turning once.
- Add onion, garlic, and red pepper.
- Cook, stirring frequently, for 4 minutes until onions are limp.
- Add tomato pieces and stir in to chicken mixture.
- Add wine, olives, lemon, cinnamon, honey and pepper.
- Cover and simmer for 15 minutes, then remove cover and continue to cook another 5 minutes or until sauce is slightly reduced and chicken is tender.
- Add salt to taste.
- Serve over rice or grain of choice.
- Garnish with parsley.

Play With Your Food

- Try serving over orzo, couscous or bulgur
- Choose a different olive of choice