

Lemon Olive Chicken



Prep Time: 20 minutes

Cook Time: 20 minute



Servings: 4 servings
(3 thighs/serving)

Cost/Serving: \$3.70



Equipment

- Box grater
- Cutting board
- Knife
- Large non-stick skillet, with lid
- Measuring cups
- Measuring spoons
- Mixing bowl
- Tongs
- Wooden spoon



Ingredients

2 tbsp	(30 mL)	Olive oil or canola oil, divided
12 pcs	(900 g)	Chicken thighs, skinless and boneless
1 each		Medium yellow onion, chopped
3 cloves		Garlic, minced
½ tsp	(2.5 mL)	Salt
1 tsp	(5 mL)	Black pepper
1 each		Bay leaf
2 tsp	(10 mL)	Dried oregano
1 tsp	(5 mL)	Ground cumin
2 tsp	(10 mL)	Sugar
1 ½ cup	(375 mL)	Chicken stock, no salt added
2 tbsp	(30 mL)	Lemon juice
1 tbsp	(15 mL)	Lemon zest
3 each		Plum tomatoes, diced
½ cup	(125 mL)	Black olives, pitted
¼ cup	(60 mL)	Parsley, chopped



Directions

1. In large non-stick skillet, heat 1 tbsp oil over medium-high heat; brown chicken about 5 minutes, turning over half way. Using tongs, transfer chicken to plate.
2. Add remaining oil to pan. Sauté onion, garlic, salt, pepper, bay leaf, oregano, cumin, and sugar over medium-low heat for 2 minutes, stirring occasionally.
3. Return chicken to pan. Add chicken stock, lemon juice and lemon zest.
4. Increase heat to medium, cover, and simmer for 5 minutes, occasionally spooning sauce over chicken.
5. Add tomatoes and olives and cook, uncovered, for 5 minutes.
6. Remove bay leaves and sprinkle with parsley.



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Tips

- 1) Serve with rice, quinoa or your favourite whole grain.
- 2) Substitute bone-in chicken thighs for skinless boneless chicken thighs, if desired. Remove the skin before cooking and increase the cooking time in step 4 to 15-20 minutes. Add more chicken stock if needed.
- 3) For extra citrus flavour, garnish dish with thinly sliced pieces of fresh lemon.

Nutrition Facts

Valeur nutritive

Per 1 serving (413 g)
pour 1 portion (413 g)

	% Daily Value*	% valeur quotidienne*
Calories 410		
Fat / Lipides 19 g		25 %
Saturated / saturés 3.5 g		18 %
+ Trans / trans 0 g		
Monounsaturated / monoinsaturés 10 g		
Carbohydrate / Glucides 11 g		
Fibre / Fibres 3 g		11 %
Sugars / Sucres 5 g		5 %
Protein / Protéines 49 g		
Cholesterol / Cholestérol 215 mg		
Sodium 670 mg		29 %
Potassium 850 mg		18 %
Calcium 75 mg		6 %
Iron / Fer 3.5 mg		19 %

*5% or less is a little. 15% or more is a lot

*5% ou moins c'est peu. 15% ou plus c'est beaucoup



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