

Taste of Home



Skillet Chicken with Olives

🕒 Total Time Prep/Total Time: 20 Min.

Yield 4 Servings



👍 Test Kitchen Approved

While I was visiting my cousin Lilliana in Italy, she made this heavenly chicken for lunch. Now it's a family favorite stateside, too. —Rosemarie Pisano, Revere, Massachusetts

Ingredients

- 4 boneless skinless chicken thighs (about 1 pound)
- 1 teaspoon dried rosemary, crushed
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1 tablespoon olive oil
- 1/2 cup pimiento-stuffed olives, coarsely chopped
- 1/4 cup white wine or chicken broth
- 1 tablespoon drained capers, optional

Directions

- 1 Sprinkle chicken with rosemary, pepper and salt. In a large skillet, heat oil over medium-high heat. Brown chicken on both sides.
- 2 Add olives, wine and, if desired, capers. Reduce heat; simmer, covered, 2-3 minutes or until a thermometer inserted in chicken reads 170°.

Nutrition Facts

1 serving (calculated without capers): 237 calories, 15g fat (3g saturated fat), 76mg cholesterol, 571mg sodium, 2g carbohydrate (0 sugars, 0 fiber), 21g protein. **Diabetic Exchanges:** 3 lean meat, 2 fat.

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RECIPE CREATOR

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