

Chicken Marbella

Nutritional Highlights

- The marinade for this chicken is based with Mediterranean-friendly olive oil, giving this recipe a heart-healthy kick
- Chicken provides Selenium, Vitamin B6, Vitamin B12, and Vitamin D

Servings: 10-12

Ingredients

- 3.5-4# boneless, skinless, chicken breast
- 2 tsp salt
- 1 tsp freshly ground pepper
- 1/2 c brown sugar
- 1 c dry white wine
- 1/4 c Italian parsley

Marinade

- 1 head of garlic, peeled and finely pureed
- 1/4 c dried oregano
- 2 tsp salt
- freshly ground pepper
- 1/2 c red wine vinegar
- 1/2 c olive oil
- 1 c pitted prunes
- 1/2 c pitted Spanish green olives
- 1/2 c capers with a bit of juice
- 6 bay leaves

Directions

- Combine the marinade ingredients in a large bowl. Add the chicken to the marinade. (You can also place the chicken and marinade in 2 Ziploc bags and squeeze out the air to make sure the chicken is fully covered with the marinade) Refrigerate overnight, turning occasionally to ensure the marinade is getting into all the chicken pieces.
- Preheat the oven to 350F. Place the chicken along with the marinade in a single layer in one or two large roasting pans, sprinkle with the brown sugar and pour the wine around (not over!) the chicken. Roast for 50 minutes to an hour, basting frequently with pan juice. Chicken is done when the juices come out clear when pricked with a fork.
- Transfer the chicken, prunes, and olives to a serving platter with its juices and sprinkle generously with parsley. Serve hot.