



## **MOROCCAN CHICKEN WITH FRUIT AND OLIVE TOPPING**

Advanced Lifestyle

### **Ingredients**

1 TBS olive oil  
1/2 TSP salt  
1/4 TSP black pepper  
1/4 TSP dried thyme  
4 (6 oz.) skinless, boneless chicken breasts  
1/2 cup pre-chopped onion  
2 TSP bottled minced garlic  
3/4 cup dried mixed fruit  
1/2 cup dry white wine  
1/2 cup fat-free, less-sodium chicken broth  
1/4 cup chopped pitted green olives  
1/8 TSP salt  
1/8 TSP black pepper

### **Instructions**

1. Heat 2 TSP oil in a large nonstick skillet over medium-high heat. Sprinkle 1/2 TSP salt, 1/4 TSP pepper, and thyme evenly over chicken. Add chicken to pan. Cook 4 minutes on each side or until done. Remove from pan. Cover and keep warm.
2. Heat remaining 1 TSP oil in pan. Add onion to pan. Sauté 2 minutes or until tender. Add garlic to pan. Sauté 30 seconds. Add fruit and remaining ingredients to pan. Cook 5 minutes or until liquid almost evaporates.

**Portion-Per-Serving Information:** (Yields 4 servings):

Serving = 1 chicken breast + 1/3 cup fruit mixture = 1 P, 1 FR, 1 FT