



## MOROCCAN CHICKEN w/FRUIT & OLIVE TOPPING

Stabilization

### **INGREDIENTS**

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

### **INSTRUCTIONS**

—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.

—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.

**SERVING INFO:** (Yields 4 servings)

1 chicken breast + 1/3 cup fruit mixture = 1 P, 1 FR, 1/2 FT

See photo of recipe at [Instagram](#) and [Facebook](#).