

Chicken Provençal

Makes: 6 servings



Total Time: 45 minutes

Ingredients:

- 2 lb. boneless chicken breasts, pounded to even thickness
- 6 Tbsp. D'Avolio Herbs de Provence Infused Oil, divided
- 1 medium carrot, finely diced
- 1 medium onion, finely diced
- 3 cloves garlic, finely chopped
- ½ cup low sodium chicken stock
- ½ cup dry white wine
- 2 Tbsp. tomato paste
- 2 whole bay leaves
- 2 tomatoes, seeded and chopped
- ½ cup nicoise olives, pitted and halved
- Small handful fresh parsley, or a few sprigs of fresh thyme leaves

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PREPARATION

1. **In a large skillet**, brown chicken breasts in 3 Tbsp. D'Avolio Herbs de Provence Infused Oil until browned. Remove from pan and set aside.
2. **Add remaining oil** to the pan. Cook carrot, onion, and garlic over medium low heat until soft, about 5 minutes. Stir in chicken stock, wine, tomato paste, and bay leaves, stirring to remove lumps and scraping cooked bits off the bottom of the pan. Add tomatoes to the pan and stir to combine.
3. **Return chicken** breasts to the pan and spoon sauce over the meat. Bring sauce to a boil and cover, simmering for about 20 minutes. Uncover and cook for an additional 5-10 minutes, using a thermometer to ensure chicken has reached an internal temperature of 165 degrees.
4. **To make the sauce**, remove chicken from the pan and set aside. Add olives to the pan and simmer sauce for about 5 minutes until slightly reduced and thickened. If you prefer more sauce, add a bit more chicken stock. Remove bay leaves and discard. Spoon sauce over chicken and sprinkle with fresh parsley to serve.

Nutrition: 312 calories; 18g fat (3g saturated fat); 9g carbohydrates; 28g protein; 2g fiber; 933mg sodium