

Chicken

Chicken Veracruz

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Servings: 4

Preparation Time: 25 minutes

Start to Finish Time: 35 minutes

1 tablespoon extra-virgin olive oil

4 skin-on bone-in chicken breasts (about 1 1/2 pounds)

1 teaspoon dried oregano

Kosher salt

1 poblano chile pepper, stemmed and seeded

1/2 white onion

1 large tomato

2 cloves garlic

1/2 cup mild pickled jalapeno peppers, chopped

1/2 cup green olives with pimientos, roughly chopped

1 cup dry white wine

Heat the olive oil in a large deep skillet over high heat. Pat the chicken dry and sprinkle with the oregano and one teaspoon of the salt. Sear the chicken until well browned, about 7 minutes per side.

Meanwhile, cut the poblano into strips and thinly slice the onion. Cut the tomato into eight wedges and smash the garlic.

Once the chicken is browned, scatter the poblano, onion, tomato, garlic, jalapenos and olives over and around the chicken.

Cook until the vegetables begin to soften slightly, about 5 minutes. Sprinkle with 1/4 teaspoon of salt. Add the wine and bring to a boil. Cover and simmer until the chicken is cooked through and the vegetables are soft, about 10 minutes.

Serve the chicken with the vegetables.

Per Serving (excluding unknown items): 80 Calories; 4g Fat (72.1% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat.