

Chicken Marbella (Slow Cooker)

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Servings: 4

*1/3 cup white wine
2 tablespoons brown sugar
1 1/2 teaspoons dried oregano
3 tablespoons red wine vinegar
Kosher salt
pepper
6 cloves garlic, smashed
1 tablespoon capers
1/2 cup prunes
1/3 cup pitted green olives
4 small (2.5 pounds total) chicken
legs (split 4 drumsticks, 4 thighs),
skin removed
1/4 cup flat-leaf parsley, chopped
1 cup long grain white rice*

Preparation Time: 15 minutes

Slow Cooker Time: 6 hours

In a five- or six-quart slow cooker, whisk together the wine, sugar, oregano, two tablespoons of vinegar, 1/4 teaspoon of Kosher salt and 1/4 teaspoon of pepper. Add the garlic, capers, prunes and olives. Mix to combine.

Add the chicken, nestling it among the olives and prunes.

Cover and cook until the meat is tender and cooked through, three to four hours on HIGH or five to six hours on LOW.

Gently stir in the remaining tablespoon of vinegar and the parsley.

30 minutes before serving, cook the rice per package instructions.

Serve the chicken, prunes, olives and cooking liquid over the rice.

Per Serving (excluding unknown items): 104 Calories; 1g Fat (12.1% calories from fat); 1g Protein; 21g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 121mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fruit; 0 Fat; 1/2 Other Carbohydrates.