

# Skillet Chicken with Olives



## Ingredients

4 boneless skinless chicken thighs (about 1 pound)	½ cup pimiento-stuffed olives, coarsely chopped
1 teaspoon dried rosemary, crushed	¼ cup white wine or chicken broth
½ teaspoon pepper	1 tablespoon drained capers, optional
¼ teaspoon salt	1 tablespoon drained capers optional
1 tablespoon olive oil	<b>Total time:</b> 30 minutes

## Directions

1. Sprinkle chicken with rosemary, pepper and salt.
2. In a large skillet, heat oil over medium-high heat. Brown chicken on both sides.
3. Add olives, wine and, if desired, capers. Reduce heat; simmer, covered, 2-3 minutes or until a thermometer inserted in chicken reads 170°F.

## Nutritional Information

Calories .....	237
Total Fat.....	15 g
Saturated Fat .....	3 g
Cholesterol .....	76 mg
Total Carbohydrate.....	2 g
Dietary Fiber .....	0 g
Sugar .....	0 g
Protein .....	21 g
Sodium .....	571 mg
Serving size.....	1/4 recipe
Recipes yields.....	4 servings

Adjusted from:  
[www.tasteofhome.com/recipes/skillet-chicken-with-olives](http://www.tasteofhome.com/recipes/skillet-chicken-with-olives)