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Chicken Niçoise

Prep Time: 10 Min | Start to Finish: 35 Min | 4 Servings

- 1 1/4 cups Progresso® chicken broth (from 32-ounce carton)
- 4 boneless skinless chicken thighs (1 pound)
- 3 garlic cloves, finely chopped
- 1/2 cup frozen pearl onions
- 1 tablespoon Italian seasoning
- 2 medium bell peppers, sliced
- 6 Kalamata olives, pitted and chopped
- 2 cups hot cooked rice

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Chicken Niçoise

Directions

1. Heat 1/4 cup of the chicken broth to boiling in 10-inch nonstick skillet. Cook chicken in broth, turning once, until brown. Remove chicken from skillet; keep warm.
2. Add garlic, onions, Italian seasoning, bell peppers, olives and remaining 1 cup broth to skillet. Heat to boiling; boil 5 minutes.
3. Add chicken to skillet; reduce heat to medium. Cook 10 to 15 minutes or until juice is no longer pink when centers of thickest pieces are cut. Serve over rice.

Substitution: You can substitute 1 pound of boneless, skinless chicken breast halves for the thighs. Use 1/4 cup of chopped pitted ripe olives instead of the Kalamata olives.

1 Serving: Calories 310 (Calories from Fat 90); Total Fat 10g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 70mg; Sodium 690mg; Potassium 410mg; Total Carbohydrate 28g (Dietary Fiber 2g); Protein 27g % Daily Value: Vitamin A 8%; Vitamin C 40%; Calcium 6%; Iron 20%; Vitamin D 0% Carbohydrate Choices: 2

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