

Debbie's Chicken Olive Sauté

Recipe from Prevention Magazine

Ingredients:

1 tbsp olive oil
1 large onion, coarsely chopped
3 large cloves garlic, minced
1 tsp chopped fresh rosemary or 3/4 tsp dried rosemary, crumbled
1 lb boneless, skinless chicken breast, cut into 1" pieces
1/4 tsp freshly ground black pepper
40 large pitted kalamata olives, sliced (about 1-1/3 cups)
8 oz. large cherry tomatoes, halved (or 2 med tomatoes, cut into 1/2" pieces) (about 1-1/2 cups)

Directions:

Warm oil in large non-stick skillet over medium-high heat. Add onion, garlic and rosemary and cook, stirring often, until tender and just starting to brown (3 to 4 minutes).

Add chicken, sprinkle with pepper, and stir. Cook, turning often, until no longer pink, 5 to 7 minutes. Add olives. Cook and stir one minute until heated and fragrant. Stir in tomatoes. Reduce heat to medium-low, cover, and cook 4 to 5 minutes longer, until tomatoes are heated and juicy. Serve over rice or couscous if desired.