You’ll love this faster and lighter Chicken Marbella. Chicken thighs are cooked on the stove-top with prunes, Spanish olives, capers, garlic and oregano for a flavorful and easy Mediterranean-style dish! I love finding new ways to cook chicken thighs, and this Mediterranean style dinner is sure to become a regular on your recipe rotation! The combination of the sweet prunes and the salty tang of the capers and olives makes Chicken Marbella a delicious dish that balances the taste of the contrasting flavors beautifully. Some other chicken thigh recipes that you might want to check out are Braised Chicken Thighs with Mushroom and Leeks, Baked Chicken Thighs, and Air Fryer Asian-Glazed Chicken Thighs. Hi there, I’m Heather K. Jones—I’m a dietitian, the nutrition expert for the Skinnytaste cookbooks, and the founder of the weight and wellness program Feel Better Eat Better. If you struggle with nighttime overeating or emotional food cravings, be sure to check out my powerful and potent tool called The 5-Minute Craving Cure. With this easy-to-use guide and audio, you’ll discover a 5-minute solution to STOP overeating before it starts. I also do FREE emotional eating group coaching sessions a few times a month inside my Love Yourself Healthy Facebook Group. Please join me if you could use some support or inspiration! Chicken Marbella is one of my favorite recipes from the classic Silver Palate Cookbook. Before making this dish, I had NO idea how much I liked prunes, ha! I also had no idea how perfectly prunes paired with olives and capers… it’s a sweet and salty combo that just works. The original Chicken Marbella recipe is made with 1 cup of brown sugar (yikes), a whole head of garlic pureed (time consuming!), 1 cup of wine (that’s even more sugar)… plus, the chicken needs to marinate overnight. I decided to try and make this dish not only much lighter, but also much faster. First, I cut back the sugar to just 1 tablespoon. Instead of skin on chicken pieces, I used removed the skin from my chicken thigh pieces. I also swapped the entire pureed head of garlic for just 6 chopped cloves, and I used low-sodium chicken broth in place of the white wine. Also, instead of using a marinade for the chicken, I just cooked everything on the stove-top, creating a delicious pan-sauce with the pan juices at the end. Honestly, I like this lighter and faster version even better than the original! Here’s what you’ll need (see full ingredients with measurements are at the bottom of this post in the recipe card): I serve this dish over couscous with a big green salad and my husband always gets excited when Marbella is on the menu. This would also go great with crusty bread, rice or rice pilaf, roasted potatoes, or even cauliflower rice to keep it light. Let me know in the comments if you love this dish (and prunes!) as much as I do.