’ love faster lighter Chicken Marbella Chicken thighs cooked stove-top prunes Spanish olives capers garlic oregano flavorful easy Mediterranean-style dish love finding new ways cook chicken thighs Mediterranean style dinner sure become regular recipe rotation combination sweet prunes salty tang capers olives makes Chicken Marbella delicious dish balances taste contrasting flavors beautifully chicken thigh recipes might want check Braised Chicken Thighs Mushroom Leeks Baked Chicken Thighs Air Fryer Asian-Glazed Chicken Thighs Hi ’ Heather K. Jones—I ’ dietitian nutrition expert Skinnytaste cookbooks founder weight wellness program Feel Better Eat Better struggle nighttime overeating emotional food cravings sure check powerful potent tool called 5-Minute Craving Cure easy-to-use guide audio ’ discover 5-minute solution STOP overeating starts also FREE emotional eating group coaching sessions times month inside Love Healthy Facebook Group Please join could use support inspiration Chicken Marbella one favorite recipes classic Silver Palate Cookbook making dish idea much liked prunes ha also idea perfectly prunes paired olives capers… ’ sweet salty combo works original Chicken Marbella recipe made 1 cup brown sugar yikes whole head garlic pureed time consuming 1 cup wine ’ even sugar … plus chicken needs marinate overnight decided try make dish much lighter also much faster First cut back sugar 1 tablespoon Instead skin chicken pieces used removed skin chicken thigh pieces also swapped entire pureed head garlic 6 chopped cloves used low-sodium chicken broth place white wine Also instead using marinade chicken cooked everything stove-top creating delicious pan-sauce pan juices end Honestly like lighter faster version even better original ’ ’ need see full ingredients measurements bottom post recipe card serve dish couscous big green salad husband always gets excited Marbella menu would also go great crusty bread rice rice pilaf roasted potatoes even cauliflower rice keep light Let know comments love dish prunes much