’ love faster lighter chicken marbella chicken thigh cook stove-top prune spanish oliv caper garlic oregano flavor easi mediterranean-styl dish love find new way cook chicken thigh mediterranean style dinner sure becom regular recip rotat combin sweet prune salti tang caper oliv make chicken marbella delici dish balanc tast contrast flavor beauti chicken thigh recip might want check brais chicken thigh mushroom leek bake chicken thigh air fryer asian-glaz chicken thigh hi ’ heather k. jones—i ’ dietitian nutrit expert skinnytast cookbook founder weight well program feel better eat better struggl nighttim over emot food crave sure check power potent tool call 5-minut crave cure easy-to-us guid audio ’ discov 5-minut solut stop over start also free emot eat group coach session time month insid love healthi facebook group pleas join could use support inspir chicken marbella one favorit recip classic silver palat cookbook make dish idea much like prune ha also idea perfectli prune pair oliv capers… ’ sweet salti combo work origin chicken marbella recip made 1 cup brown sugar yike whole head garlic pure time consum 1 cup wine ’ even sugar … plu chicken need marin overnight decid tri make dish much lighter also much faster first cut back sugar 1 tablespoon instead skin chicken piec use remov skin chicken thigh piec also swap entir pure head garlic 6 chop clove use low-sodium chicken broth place white wine also instead use marinad chicken cook everyth stove-top creat delici pan-sauc pan juic end honestli like lighter faster version even better origin ’ ’ need see full ingredi measur bottom post recip card serv dish couscou big green salad husband alway get excit marbella menu would also go great crusti bread rice rice pilaf roast potato even cauliflow rice keep light let know comment love dish prune much