



## Mediterranean Chicken with Potatoes



Photo by: Randy Mayor;  
Melanie J. Clarke

**YIELD:** 8 servings (serving size: 1 1/4 cups)

**COURSE:** Main Dishes

### Ingredients

4 teaspoons minced garlic, divided

1 tablespoon olive oil

1 teaspoon salt, divided

1/4 teaspoon dried thyme

1/2 teaspoon black pepper, divided

12 small red potatoes, halved (about 1 1/2 pounds)

Cooking spray

2 pounds skinless, boneless chicken breast, cut into bite-sized pieces

1 cup vertically sliced red onion

3/4 cup dry white wine

3/4 cup fat-free, less-sodium chicken broth

1/2 cup chopped pepperoncini peppers

1/4 cup pitted kalamata olives, halved

2 cups chopped plum tomato

2 tablespoons chopped fresh basil

1 (14-ounce) can artichoke hearts, drained and quartered

1/2 cup (2 ounces) grated fresh Parmesan cheese

Thyme sprigs (optional)

### Preparation

Preheat oven to 400°.

Combine 2 teaspoons garlic, oil, 1/4 teaspoon salt, thyme, 1/4 teaspoon black pepper, and potatoes on a jelly roll pan coated with cooking spray. Bake at 400° for 30 minutes or until tender.

Heat a large Dutch oven coated with cooking spray over medium-high heat. Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Add half of chicken to pan; sauté 5 minutes or until browned. Remove chicken from pan. Repeat procedure with remaining chicken; remove from pan.

Add onion to pan; sauté 5 minutes. Stir in wine, scraping pan to loosen browned bits. Bring wine to a boil; cook until reduced to 1/3 cup (about 2 minutes). Add potatoes, chicken, broth, pepperoncini, and olives; cook 3 minutes, stirring occasionally. Stir in 2 teaspoons garlic, 1/4 teaspoon salt, tomato, basil, and artichokes; cook 3 minutes or until thoroughly heated. Sprinkle with cheese. Garnish with thyme sprigs, if desired.

### Nutritional Information

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Amount per serving
Calories: 331
Calories from fat: 20%
Fat: 7.3g
Saturated fat: 2.1g
Monounsaturated fat: 3.7g
Polyunsaturated fat: 0.9g
Protein: 33.5g
Carbohydrate: 32.5g
Fiber: 3.6g
Cholesterol: 71mg
Iron: 2.9mg
Sodium: 897mg
Calcium: 124mg

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