

Lemon Chicken with Olives

SERVES: 4 person(s) PREPARATION TIME: 10 minutes
COOKING TIME: 40 minutes

PREPARATION & COOKING DIRECTIONS

Heat oil in a large frying pan. Sauté onion until soft. Add garlic and cinnamon. Sauté for 1 minute. Add chicken. Cook until well browned on all sides. Add stock and cilantro. Bring to a boil and reduce heat. Simmer for 20 minutes.

Add lemon zest and the olives. Simmer for a further 10 minutes. Transfer chicken to a serving plate. Bring sauce to a boil. Cook until sauce has reduced and thickened. Pour over chicken. Serve with lemon wedges.

INGREDIENTS

1 Tbsp olive oil
2 red onions, sliced
1 tsp ground cinnamon
4 chicken breasts, skinless, boneless
3 cup reduced-sodium vegetable stock
1 sprig of fresh cilantro leaves, chopped
1 cup medium black olives, pitted
1 zest of lemon

NUTRITIONAL INFORMATION (per serving)

Calories: 202 cal
Kilojoules: 851 kJ
Fat: 9.0 g
Carbohydrates: 7.5 g
Protein: 24.5 g
Cholesterol: 50.0 mg
Sodium: 500 mg
Saturated Fat: 2.0 g
Fiber: 2.0 g

You can see the recipe by clicking: http://www.calorieking.com/recipes/Chicken-Turkey-Fowl-and-Egg/Chicken-Turkey-Fowl-Dishes/Lemon-Chicken-with-Olives_Y2lkPTUmc2lkPTE5JnJpZD02MzlmZWVhc3VyZT1pbXBkmlhbcZzY2FsZT0x.html