

Greek Chicken with Artichokes and Olives

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Mediterranean flavors of lemon, oregano, artichokes, and olives make for a delicious dinner dish. Look for jarred, pitted olives, but also check out the options in the deli section of your market. Serve this dish in shallow bowls with the vegetables and juices poured over the top and on the side, and a tossed green salad with a quarter of an avocado per person, dressed with vinaigrette

Yield: 4 servings Prep time: 15 minutes Cook time: 25 minutes

- 8 bone-in, skin-on chicken (about 2. pounds)
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon granulated garlic
- 1 medium onion
- 2 1/2 tablespoons extra virgin olive oil
- 3 large garlic cloves, finely chopped
- 1 can (15 ounces) water-packed artichoke hearts, well drained
- 4 ounces mixed, pitted Greek olives
- 1 1/2 cups low-sodium chicken broth
- 2 tablespoons fresh chopped oregano leaves (or 2 teaspoons dried)
- 1 large lemon, sliced into thin rounds (preferably Meyer lemon)
- 2 tablespoons water
- 1 tablespoon arrowroot starch

Trim any excess fat from the chicken. Season the chicken with the salt, pepper, and granulated garlic.

Cut the onion in half through the root end. Peel, then lay the onion flat on a cutting board and slice crosswise into thin half-moons.

Heat 1 1/2 tablespoons of the olive oil in a large, heavy, wide pan (3- to 4-quart braiser or saute pan) over medium heat. When the oil is hot, add the chicken, skin side down. Cook until the skin is crisp and golden brown, 7 to 9 minutes. Move the chicken thighs to a plate or rimmed baking sheet.

To the same pan, add the onions and cook until softened, 3 to 4 minutes. Add the chopped garlic and cook 1 minute more. Add the drained artichoke hearts, olives, broth, remaining 1 tablespoon olive oil, and oregano. Add the chicken back into the pan and top with the lemon slices.

Bring the mixture to a strong simmer, put the lid on, and reduce the heat to medium low. Simmer over low heat for 12 to 13 minutes or until the chicken reach an internal temperature of 165°F when measured with a digital thermometer.

To serve, place the chicken in shallow bowls and pour the vegetables and jus over the top. If you prefer thicker gravy, in a small bowl or measuring cup whisk together 1 tablespoon arrowroot starch and 1 tablespoon cold water until

smooth. Remove the chicken from the pan. Stir arrowroot mixture into the pan and stir and cook 1 to 2 minutes, until the juices thicken into gravy.

Nutritional analysis per serving (2 thighs and a quarter of the vegetables and sauce): calories 450, fat 25 g, saturated fat 4 g, cholesterol 160 mg, fiber 4 g, protein 39 g, carbohydrate 24 g, sodium 690 mg

[This recipe taken from Dr. Mark Hyman's Eat Fat, Get Thin](#)