



Recipes

CHICKEN WITH CAPERS AND OLIVES

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| 2 tbsp (25 mL) flour | 3 cloves garlic, finely chopped |
| 1/4 tsp (1 mL) paprika | 1 can (14 oz/398 mL) diced tomatoes |
| 1/4 tsp (1 mL) salt | 1 cup (250 mL) chopped fresh parsley |
| 1/4 tsp (1 mL) freshly ground pepper | 1/4 cup (50 mL) chopped pitted kalamata olives |
| 8 - 10 skinless chicken thighs | 2 tsp (10 mL) capers, drained |
| 1 tbsp (15 mL) oil | 1/2 tsp (2 mL) rosemary, crumbled |

Combine flour, paprika, salt and pepper in a plastic bag. Add chicken to flour mixture and toss to coat. Heat oil in a large nonstick frypan over medium heat. Add chicken and brown on both sides. Transfer chicken to a plate. Add garlic to frypan and saute for 1 minute. Stir in tomatoes, parsley, olives, capers and rosemary. Bring to a boil, scraping to loosen browned bits. Return chicken and any accumulated juices to frypan. Reduce heat; cover and simmer, turning chicken occasionally, for 25 - 30 minutes or until chicken is cooked through. Serves 4.