

Greek Braised Chicken

The flavors here are classic Greek. Lemon. Oregano. Olives. To really take it all the way I sprinkle some crumbled feta over the top when serving!

The braised chicken is so tender it's falling off the bone, perfect for the soft food stage of healing. The recipe also freezes great so feel free to make a larger batch if you have a big enough pot. This can be made in your slow cooker too.

Directions

Serves 8

Preheat your oven to 350°F.

Heat a large pan over high heat. Reduce the heat to medium-high and add the chicken thighs to the dry pan, with no oil.

Sear till golden brown on both sides. Place seared thighs on a plate. Pour off excess fat. Re-heat the same pan.

Place the defrosted onion on a paper towel and dry the onions. Add them to the hot pan to caramelize. Add the garlic just till cooked. Remove the onions, turn off the heat, and deglaze the pan with the white wine.

Place the thighs in the bottom of a dutch oven. Add the onions, garlic, tomatoes, olives and lemon slices. Sprinkle the oregano leaves around the pot. Add the white wine and garlic from the pan, the broth, salt, and pepper.

Cover the pot and braise in the oven for 2 hours. Remove from the oven and sprinkle the chopped parsley over the dish. The chicken will be tender and easily pulling off the bone. Serve it with the broth and veggies over a whole grain like quinoa. If using the feta sprinkle over the bowls when serving. Freezes beautifully.

Ingredients

8 chicken thighs

1 14oz bag frozen pearl onions defrosted

6 cloves garlic, peeled rough chopped

1/2 cup white wine

1 can tomatoes, whole, peeled - cut in half lengthwise

1 lemon, sliced whole, thin

1/2 cup kalamata olives

1/2 cup oregano leaves

1 cup chicken broth

1/4 tsp black pepper

1/2 tsp salt

1/4 cup parsley leaves, rough chopped

crumbled feta for serving (optional)

- During the initial healing stages, this chicken can be pulled off the bone and pureed with some of the veggies, lemon, and broth to make a smooth puree. ■