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“Cook Once, Eat Twice – Mediterranean Style”

Greek Chicken Stew with Cauliflower and Olives

Chicken, cauliflower, olives, tomatoes, and feta - This is a stew of extraordinary complexity, down to its hints of cinnamon and garlic. This dish is easily frozen for an excellent “second” home-cooked meal or the chicken can be used to top a traditional Greek salad.



Equipment

- Cutting board
- Chef's knife
- Measuring cups, spoons
- Large sauté pan

Ingredients

- ❑ 2 tablespoons extra virgin olive oil
- ❑ 1 large red onion, chopped
- ❑ 2 to 4 garlic cloves (to taste), minced
- ❑ 8-10 chicken thighs and/or legs, skinned
- ❑ 2 tablespoons red wine vinegar
- ❑ 1-28 ounce can chopped tomatoes, with juice (pulsed in food processor) or 1 -28 oz can of crushed tomatoes
- ❑ ½ teaspoon cinnamon
- ❑ Salt and freshly ground pepper
- ❑ ½ teaspoon dried thyme or 1 teaspoon fresh thyme leaves
- ❑ 1 small or 1/2 large cauliflower, cored, broken into florets and sliced about ½ inch thick
- ❑ 12 Kalamata olives, rinsed, pitted and cut in half (optional)
- ❑ 1 to 2 tablespoons chopped flat leaf parsley
- ❑ 1 to 2 ounces feta cheese crumbled optional

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Instructions

1. Heat 1 Tbsp of the olive oil over medium high heat in a large deep skillet and brown the chicken, in batches, if necessary, about five minutes on each side. Remove the pieces of chicken to a plate or bowl as they are browned. Pour off the fat from the pan. Add the vinegar to the pan and scrape up all the bits from the bottom of the pan.
2. Add the remaining Tbsp of olive oil to the pan and turn the heat down to medium. Add the onion and a generous pinch of salt and cook, stirring often and scraping the bottom of the pan until the onion begins to soften, about five minutes. Turn the heat to low, cover and let the onion cook for 10 minutes, stirring from time to time until it is lightly browned and very soft.
3. Add the garlic and stir together for a minute or two more until the garlic is fragrant and then add the tomatoes and their juice, the cinnamon, thyme and salt and pepper to taste. Bring to a simmer and simmer 10 minutes, stirring from time to time until the mixture is reduced slightly and fragrant.
4. Return the chicken pieces to the pan along with the juices that have accumulated. If necessary, add enough water to barely cover the chicken. Bring to a simmer, reduce the heat, cover and simmer 20 minutes.
5. Add the cauliflower and Kalamata olives and simmer for another 20 minutes, or until the cauliflower is tender and the chicken is just about falling off the bone. Stir in the parsley, taste and adjust seasonings.
6. At time of serving, sprinkle with feta if desired

*Modified from: New York Times Cooking
By Martha Rose Shulman*