

Nuevo Cubano Chicken with Manzanilla Picadillo

Preparation time: 20 minutes

Cooking time: 25 minutes

2 tablespoons olive oil

4 boneless, skinless chicken breast halves

1 tablespoon Jamaican or Caribbean Jerk Seasoning

1 medium onion, chopped

1 red or green bell pepper, chopped

2 cloves garlic, minced

1 can (10 ounces) diced tomatoes and green chilies, (mild or regular), undrained

3/4 cup halved drained Lindsay® Stuffed Manzanilla Olives

1/2 cup golden or dark raisins

1 tablespoon each: drained capers and Worcestershire sauce

Optional toppings: minced plum tomato, chopped fresh basil

Heat oil in a large nonstick skillet over medium heat until hot. Add chicken; sprinkle half of the jerk seasoning over chicken. Cook 4 minutes. Turn; sprinkle remaining jerk seasoning over chicken. Continue to cook 4 minutes. Transfer to a plate; set aside.

Add onion, bell pepper and garlic to the skillet; cook 3 minutes, stirring occasionally. Add tomatoes, olives, raisins, capers and Worcestershire sauce. Increase heat to medium-high and simmer 5 minutes. Return chicken to skillet, turning to coat. Continue cooking until chicken is cooked through, about 5 minutes. Transfer chicken to serving plates; top with olive mixture and serve with desired toppings. Makes 4 servings.

Nutrition information per serving: Calories: 326 Calories from fat: 109 Total fat: 12g
Monounsaturated fat: 8g Cholesterol: 66mg Sodium: 956mg Total Carbohydrates: 28g
Dietary Fiber: 4g Protein: 28g