

Chicken with Oranges, Leeks and Olives

This recipe is an old favorite of mine from McCall's Best One-Dish Meals. You can make ahead for company by browning the chicken and holding on a baking sheet. Continue making the sauce and take off the heat. Then finish cooking the chicken in the oven for 10 minutes while warming the sauce. It is nice served with some rice, orzo or steamed millet on the side to soak up the delicious sauce.

¼ cup	flour	1 tsp	cumin
1 Tablespoon	grated orange zest	¼ tsp	crushed red-pepper flakes
½ tsp	salt	1 14-ounce can	diced tomatoes, drained of juice
¼ teaspoon	pepper	½ cup	chicken broth
2 pounds	boneless, skinless chicken breasts or thighs	2 medium	oranges, peeled, sliced and seeded,
		⅓ cup	Nicoise or Kalamata olives, pitted and sliced
2 Tablespoons +	olive oil		
2 cups	leeks, sliced and rinsed well (white & light green parts only)		

- 1 Preheat the oven to 350°. Cut each piece of chicken in half or thirds, if desired for faster cooking. Stir together the flour, some salt and pepper and orange zest in a pie plate and heat a skillet on medium-high heat with some olive oil. Dredge each piece of chicken in the flour mixture..Fry the pieces of chicken until each side is golden, about 2 minutes per side. The center will still be raw. Remove from the skillet and place on a baking sheet. After all chicken pieces are cooked, place the chicken in the oven, while you prepare the sauce.
- 2 While the chicken is cooking, slice the leek lengthwise to reveal the center. Then place it face down and slice it thinly. discarding the dark green ends of the leek. VERY IMPORTANT! Rinse the sliced leeks in a colander to remove the sand that hides between the layers. Add the sliced leeks to the skillet with the cumin, crushed red pepper. Add more olive oil and cook for about 4 minutes or until soft. Add in the remaining flour and orange zest from the pie plate to the pan. Stir all together.
- 3 Add the drained tomatoes and the chicken broth. Simmer the mixture for 5 minutes. While the mixture is cooking, peel and slice the oranges and slice the olives. Add them to the sauce and heat through. Top the baked chicken with the sauce and serve.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 25 minutes

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 419 calories, 113 calories from fat, 12.6g total fat, 131.5mg cholesterol, 690mg sodium, 1055.1mg potassium, 19.7g carbohydrates, 3.9g fiber, 10.6g sugar, 55.3g protein.

Source

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Source: McCall's Best One-Dish Meals

