

ENTREE

ROASTED CHICKEN WITH OLIVES AND PRUNES ON SAUTEED KALE AND ROSEMARY SCENTED QUINOA

CHEF MICHAEL'S GOURMET KITCHEN ~ 281-660-8680 ~ WWW.CHEFMICHAELSGK.COM



Servings: 4

Chicken Marbella is a classic dish that some say is the finest to ever come out of The Silver Palate Cookbook. To make it a bit easier, I decided to adapt the recipe, reducing the marinating time and roasting a whole chicken instead of chicken parts.

You can store cooked quinoa in the refrigerator for 3 or 4 days and reheat in the microwave.

<http://www.elanaspantry.com/roasted-chicken-with-olives-and-prunes/>

- 1 whole chicken, 2-3 pounds
- 1 teaspoon celtic sea salt
- 1 cup green olive, pitted
- 1 cup prunes, pitted
- 1 tablespoon dried oregano
- 1 tablespoon capers, drained and rinsed
- 2 each bay leaves
- 1 each garlic clove, minced
- 1/4 cup extra virgin olive oil
- 1/4 cup agave nectar or honey
- 1/4 cup apple cider vinegar, bragg's
- 1 3/8 cups water

FOR THE KALE

- 2 tablespoons olive oil
- 1 medium onion
- 1 bunch kale, trimmed and chopped
- 1/4 teaspoon celtic sea salt

FOR THE QUINOA

- 1 cup quinoa, washed
- 2 cups water or broth (chicken or vegetable)
- 1/4 cup onion, minced
- 1/4 cup celery, minced
- pinch celtic sea salt
- pinch ground white pepper
- 1 tablespoon fresh rosemary

Rinse the chicken and pat dry

Place the chicken breast side up in a 9 x 13 inch baking dish, then sprinkle with salt

In a large bowl, combine the olives, prunes, oregano, capers, bay leaves, garlic, olive oil, agave, apple cider vinegar and water

Spread the contents of the bowl in the dish around the chicken

Bake at 400° for 20 minutes

Lower heat to 350° and continue to roast the chicken until it is cooked through, about 40 minutes

SEE NEXT PAGE FOR THE REST OF INSTRUCTIONS.

Remove from oven and serve

KALE

In a large pan, heat oil over medium heat

Reduce heat to medium low and add onion

Sauté for 15 minutes until caramelized

Add kale and sauté for 5 minutes uncovered

Cover pot with a lid and sauté for 1-2 minutes until wilted

Add salt and serve

QUINOA

Wash quinoa through a fine strainer, set a side to drain. Add a little extra virgin olive oil to a medium saucepan and heat. Add the onion and celery and sauté for 1 minute. Add quinoa, rosemary, water or broth, salt and boil, covered for 10 minutes or until all the water has absorbed. Turn off the heat and let stand covered. You will know when they are cooked when they are fluffy and you see a small thread. Fluff with a fork and it will be ready to use for other recipes.

Per Serving (excluding unknown items): 1312 Calories; 85g Fat (58.2% calories from fat); 73g Protein; 65g Carbohydrate; 8g Dietary Fiber; 340mg Cholesterol; 603mg Sodium. Exchanges: 2 Grain(Starch); 9 Lean Meat; 1 Vegetable; 2 Fruit; 11 1/2 Fat; 0 Other Carbohydrates.
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