



---

## Uploaded to the VFC Website

▶▶ June 2014 ◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization  
Tax ID #27-3820181  
CA Incorporation ID #3340400  
CA Dept. of Charities ID #: CT-0190794*

### ***If Veterans don't help Veterans, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

### **Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## Chicken Thighs with Green Olive, Cherry & Port Sauce

- 1 ½ Pounds boneless, skinless chicken thighs, trimmed
- ¼ Teaspoon salt
- ¼ Teaspoon freshly ground pepper
- ¼ Cup all-purpose flour
- ¾ Cup port, or cranberry juice cocktail, divided (see Ingredient Note)
- 1 Tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 4 Cloves garlic, minced
- ¾ Cup reduced-sodium chicken broth
- ¼ Cup dried cherries, or dried cranberries
- ¼ Cup sliced pitted green olives
- 2 Tablespoons red-wine vinegar
- 1 Tablespoon brown sugar
- 1 Teaspoon dried oregano

- 1) Season chicken with salt and pepper on both sides. Place flour in a shallow dish. Add chicken and turn to coat. Measure out 4 teaspoons of the flour to a small bowl and whisk in 1/4 cup port (or cranberry juice cocktail) until smooth (discard the remaining flour).
- 2) Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned on the outside and no longer pink in the middle, about 4 minutes per side. Transfer to a plate.
- 3) Add the remaining 1 teaspoon oil and garlic to the pan; cook, stirring, until fragrant, about 30 seconds. Add the flour-port mixture, the remaining 1/2 cup port (or juice), broth, dried cherries (or dried cranberries), olives, vinegar, brown sugar and oregano. Bring to a boil, stirring. Reduce heat to a simmer and cook, stirring occasionally, until the sauce has thickened, 4 to 6 minutes.
- 4) Return the chicken to the pan along with any accumulated juices. Turn to coat with sauce and cook until heated through, about 2 minutes. Serve the chicken with the sauce.

