



RECIPE | TOMATOES

TOMATO & OLIVE CHICKEN THIGHS



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Recipe created by *Dalya Rubin*



INGREDIENTS

2 dry pints Pure Flavor® Organic Sangria® Medley Tomatoes
6 chicken thighs
4 garlic cloves, sliced
1 medium onion, sliced
½ cup pimiento manzanilla olives, crushed
½ cup pitted black olives, crushed

3 tbsp avocado oil, divided
2 tbsp fresh parsley
1 tbsp fresh thyme, chopped
1 tsp granulated sugar
Salt & pepper, to taste
Cooked rice, optional for serving

DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 In an oven-safe pan, add 2 tablespoons of avocado oil. Season both sides of all chicken thighs with salt.
- 3 Place chicken thighs skin side down into oil and cook for 5 minutes. Turn chicken & cook for an additional 1 minute. Remove from pan & set aside.
- 4 In the same pan, add onions & garlic. Cook for 3 minutes until translucent.
- 5 Add remaining oil, tomatoes, and olives & mix to combine. Cook for 5 minutes, then add salt, thyme, and sugar & cook for an additional 2 minutes.
- 6 Place the chicken thighs back into the pan, spoon the liquid over the chicken and sprinkle with salt & pepper to taste.
- 7 Cover with an oven-safe lid & bake for 20 minutes. Remove and baste again with tomato liquid and bake at 425°F for an additional 20 minutes.
- 8 To serve, plate with your favorite sides & garnish with fresh parsley.



65 min

10 min PREP. | **55 min** COOKING



6



medium