

Chicken With Olives, Raisins and Capers

Makes 6 servings

3 pounds skinless chicken breasts and thighs, on the bone	1 cup dry white vermouth
1/2 cup olive oil	1/2 cup dark brown sugar
1/4 cup chopped garlic	1/2 cup red wine vinegar
2 tablespoons dried oregano	1 cup pitted green olives
2 teaspoons salt	1 cup golden raisins
1/2 teaspoon black pepper	1/2 cup capers
1/2 teaspoon red pepper flakes	1/4 cup chopped fresh cilantro

1. In a large bowl, toss the chicken with the olive oil, garlic, oregano, salt, pepper and red pepper flakes. Cover and refrigerate overnight.

2. The next day, arrange the chicken in a single layer in a large baking pan. Bake in a preheated 400-degree oven until lightly browned, about 30 minutes.

3. Meanwhile, in a medium saucepan, mix the vermouth, brown sugar and vinegar with the olives, raisins and capers. Bring the sauce to a boil. Pour it over the chicken and continue baking for 30 minutes more, basting the chicken several times with the liquid.

4. Serve garnished with cilantro.

Per serving: 841 calories, 48 grams protein, 47 grams carbohydrates, 47 grams fat, 163 milligrams cholesterol, 1,877 milligrams sodium.