



## CHICKEN IN TOMATO SAUCE

Makes 4 servings.

Flavorful, easy to prepare and nutritious, this dish improves with time and is good reheated.

### INGREDIENTS

- 4 tablespoons extra-virgin olive oil
- 8 boneless, skinless organic chicken thighs, each portion about 6 ounces (See Note)
- Kosher salt
- Freshly ground black pepper.
- 1 onion, finely chopped
- 3 cloves garlic, finely chopped
- One 14.5 ounce can crushed tomatoes
- 8 sun dried tomato halves packed in oil, cut into thin strips
- 2 tablespoon capers
- 1/8 teaspoon crushed red pepper
- 1 tablespoon Balsamic vinegar
- 5 oregano sprigs plus some leaves for garnish

### PREPARATION

1. Pat the chicken dry.
2. Heat 2 tablespoons olive oil in a medium saucepan, add the chicken and sauté on both sides, briefly.
3. Transfer to a dish and season with salt and pepper.

4. Heat the rest of the olive oil, in the same saucepan. Add the onion and garlic and sauté, covered, until soft, about 4 minutes.
5. Add the tomatoes, sun dried tomatoes, capers, crushed red pepper, vinegar and oregano sprigs. Place the chicken, side by side into the sauce and bring to a boil. Reduce the heat and cook gently, covered, for 15 minutes. Turn over and cook for another 15 minutes; the chicken should be tender.
6. Discard oregano sprigs.
7. Season the sauce to taste and garnish with oregano leaves.

**NOTE:**

Organic chicken thighs tend to be small, therefore in order to get 6 ounces boned portions per person I use 2 thighs.