

Greek Chicken Roulades



From the Sensenig's Recipe Book

Ingredients

12 pitted kalamata olives, divided
3 Tbsp. fresh bread crumbs (about 1 slice, trimmed of crust, whirled in the food processor)
3 Tbsp minced oil-packed sun-dried tomatoes
1 Tbsp. minced lemon zest
2 gloves garlic
1 tsp. dried oregano
2 boneless, skinless chicken breast halves (6 oz. each), trimmed of fat
2 tsp. extra-virgin olive oil
1/4 cup diced onion
1/4 cup dry white wine
1 ½ cups low-sodium chicken broth
1Tbsp. fresh lemon juice
1 tsp. cornstarch (I used 2 teaspoons)

Preparation

Dice 6 olives; set aside. Process remaining 6 olives, bread crumbs, tomatoes, zest, garlic and oregano in a food processor until minced.

Using a mallet, pound the chicken between plastic wrap to a thickness of 1/4 inch. Spread olive-tomato filling on chicken and roll; secure with toothpicks.

Sauté roulades in oil in a large nonstick skillet over medium-high heat until browned on all sides, 4-6 minutes. Remove chicken to a plate. Add onion to the skillet; sauté 2 minutes. Add wine; cook until liquid is reduced by half, 1-2 minutes. Add broth. Bring mixture to a boil; add diced olives and chicken rolls.

Cover skillet; reduce heat. Simmer chicken rolls 10 minutes; remove chicken to a plate. Whisk together lemon juice and cornstarch; stir into sauce in skillet. Simmer for 1 minute. Slice rolls; serve with sauce.

Notes:

Serve with [Creamy Orzo](#) - Recipe under side dishes

Source:

Cuisine Light