



# ***Chicken Fricassee with Fennel and Artichoke***

*MyPlate2Yours - Lynn Dugan*

Serving Size: 6

## ***Ingredients***

6-8 pieces from a 2-3 pound chicken  
2 tablespoons olive oil  
1 large onion, halved and sliced thin  
1 fennel bulb, trimmed, halved and sliced thin  
1 cup dry white wine  
1, 28-ounce can diced tomatoes  
1-1/2 cups pitted mixed, green and black olives (in the original recipe, Picholine is the recommended green olive as is brine-cured black olives)  
1/4 cup capers in vinegar, drained  
12 artichoke hearts marinated in olive oil, drained  
Sea salt and freshly ground pepper, to taste  
Cooked thin pasta or rice, for serving

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## ***Directions***

Generously season chicken on all sides with salt and pepper. In a large skillet (with a lid) or Dutch oven, heat olive oil. Add the chicken pieces skin side down and brown until they are golden in color, about 5 minutes. Flip carefully with tongs and cook another 5 minutes. Transfer chicken to a plate. Reduce heat to low, add the onions and fennel. Cook, covered until softened but not browned, about 10 minutes. Return the chicken to pan. Add the wine, tomatoes, olives, capers and artichokes. Cover and simmer over low heat until the chicken is cooked through, about 30 minutes. Taste for seasoning and adjust, as needed. Serve over hot cooked pasta or rice. Bon Appetit!

Adapted from Patricia Wells, The French Kitchen Cookbook

