

Caramelo Covered-Dish Luncheon

Chicken Veracruz

Recipe adapted from goya.com

Distribute only 10 copies

Serves 6

Shopping list:

- 1½ pounds chicken tenders
- onions
- garlic
- 1 jalapeno pepper
- 5 medium tomatoes
- oregano
- white wine
- capers
- olives stuffed with pimientos
- bay leaves

Ingredients:

- 1½ pounds chicken tenders
- 4 tablespoons olive oil
- 2 cups chopped onions
- 3 cloves garlic, minced
- 1 tablespoon jalapeno, finely chopped
- 5 medium tomatoes, chopped
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 2 teaspoons capers
- 12 olives stuffed with pimientos, sliced
- 2 bay leaves

Method:

1. In a skillet, heat oil over medium-high heat. Brown chicken tenders, then remove them from pan.
2. Add more oil, if needed. Stir in onion and garlic and cook, stirring often, until translucent, about 10 minutes.
3. Stir in the jalapeno, tomato, oregano, salt, capers, olives and bay leaves. Simmer 15 minutes stirring often.
4. Add chicken tenders and cover with sauce. Cook for 10 minutes or until chicken tenders are cooked through.