



Chicken with Mustard Greens, Olives, and Lemon

Vitamin B12, found in chicken, helps make the soothing neurotransmitter GABA. The folate in the greens is another dopamine booster.

Body+Soul, 2008<http://www.marthastewart.com/130698/chicken-mustard-greens-olives-and-lemon>

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Rated

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- **Prep Time** 30 minutes
- **Total Time** 35 minutes
- **Yield** Serves 6

Ingredients

- - 2 tablespoons olive oil
 - 6 bone-in, skinless chicken breast halves, halved crosswise
 - Coarse salt and ground pepper
 - 1 medium red onion, halved and thinly sliced
 - 4 garlic cloves, smashed
 - 1 cup dry white wine, such as sauvignon blanc or pinot grigio
 - 1 1/2 pounds mustard greens (about 2 bunches), stalks removed, leaves coarsely chopped
 - 1 tablespoon lemon juice, plus lemon wedges, for serving
 - 1/2 cup pitted kalamata olives

Directions

1. In a 5-quart Dutch oven or large heavy pot, heat 1 tablespoon oil over medium-high. Season chicken with salt and pepper. Add half of chicken to pot and cook until browned on all sides, 6 to 8 minutes; transfer to a plate. Repeat with remaining oil and chicken.
2. Add onion and garlic to pot (reduce heat if browning too quickly) and cook, stirring, until softened, 4 to 6 minutes. Add wine and chicken (along with any accumulated juices) to pot and bring to a boil. Cover pot; reduce heat to medium and cook 5 minutes.
3. Place greens on top of chicken; season with salt and pepper. Cover and cook until chicken is opaque throughout and greens are wilted, 3 to 5 minutes more. Remove from heat and stir in lemon juice and olives. Serve greens and chicken drizzled with pan juices with lemon wedges on the side.