

FoodSense with Chef Feker

Chef Feker's Sicilian Chicken Caponata

This is great with any grilled meat or with a grilled Portobello cap for our vegetarian friends.

~Chef Michael Feker

SICILIAN CHICKEN CAPONATA

Ingredients

4, 6 oz boneless, skinless organic chicken breast, grilled
1 stalk of celery, sliced thin
1 zucchini, diced in 1/8 in. cubes
1 onion, cut in strips
2 cloves garlic, chopped fine
2 large Japanese eggplants, cut in 1/8 in. half moons
2 medium tomatoes, diced in 1/8 in. cubes
4 oz extra virgin olive oil
2 oz Sicilian green and black Kalamata olives, pitted and chopped
½ cup fresh basil leaves, tear by hand into small pieces
¼ cup Italian parsley leaves, left whole
1 tsp red chili flakes
1 Tbsp capers
1 Tbsp pine nuts, toasted
2 Tbsps white balsamic vinegar
Sea salt and fresh black pepper, to taste
Shaved Parmesan for garnish

Directions

In a large, heavy-bottom pan, heat 1/3 of the olive oil until hot, but not smoking. Add half of the eggplant and brown. Then remove and add another 1/3 of the olive oil and brown the other half of the eggplant to brown. Remove and set aside.

In the same pan, heat the remaining oil. Add the onion and garlic and sauté until onion is translucent.

Add chili flakes, chopped parsley, celery, tomatoes and zucchini and cook for three minutes stirring occasionally. Add the olives, capers, half of the basil and the entire browned eggplant and cook for five minutes covered.

Remove the cover and cook for another eight minutes. Season with salt and pepper to taste. Turn off and add balsamic and more olive oil if desired and let cool.

Served over the grilled chicken and top with toasted pine nuts and Parmesan.

About Chef Michael Feker

Michael Feker is a passionate man who spreads that passion and joy of cooking and eating healthy meals through his roles as chef, restaurateur, television personality, culinary schoolteacher, culinary director and consultant, caterer, and cooking demonstration chef. Meet Chef Feker www.cheffeker.com and learn about his two restaurants, Zesti and Il Mito.



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