

# FoodSense with Chef Feker

## Chef Feker's Sun-dried Olive and Tomato Crusted Chicken

Serves 4

### Ingredients for Chicken:

2 chicken breasts, cut in half lengthwise and pounded thin  
½ cup flour  
½ cup white wine  
1/3 cup tomato sauce  
1/3 cup chicken stock  
1 Tbsp chilled butter  
Salt and white pepper  
2 roma tomatoes, peeled and chopped  
1 small zucchini, cut lengthwise and grilled

### Ingredients for Tapenade:

10 olives, pitted and chopped  
2 Tbsps chopped sun-dried tomatoes  
1 shallot, fine diced  
2 sprigs oregano, chopped  
6-7 sprigs Italian parsley, chopped  
2 cloves garlic, chopped  
4 large basil leaves, chopped  
½ Tbsp roasted garlic  
Salt and white pepper  
3 Tbsps Extra Virgin Olive Oil  
1 Tbsp fresh squeezed lemon juice

### Directions

Season the flour with salt and white pepper. Dredge the chicken in this flour and shake off the excess. In a large pan over medium heat, lightly sauté the chicken breast two at a time in the butter until cooked through. Remove chicken from pan and put to the side.

Make a sauce by adding white wine, chicken stock and tomato sauce to the pan and reduce the liquid by half. Turn heat to low and cook gently. Add the zucchini and tomatoes and keep cooking until it is a sauce consistency.

Combine all ingredients for the Tapenade in a bowl. Let the ingredients marinate together for at least an hour. Season with salt and white pepper. Top each chicken breast with an equal portion of the Tapenade. Broil for 2-3 minutes or until crisp. Serve atop the sauce.

### 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 at [cheffeker.com](http://cheffeker.com) and learn about his two restaurants, Zesti and Il Mito.

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