

Main

Tuscan Chicken



Ready in **2 days + 20 minutes**

Serves **5-6**

Ingredients

- 1 cup olive oil
- 3 tsp dried lavender
- ¼ cup sugar
- ¼ cup rice wine vinegar
- 1 Tbsp Herbs de Provence
- 5 medium boneless skinless chicken thighs

Preparation

1. In a clear jar, add lavender to olive oil. Let sit out on a sunny counter for up to 48 hours.
2. Filter oil through a strainer, discard lavender.
3. In a small pot, heat sugar and vinegar until sugar is melted, cool.
4. Add sugar and vinegar mixture and Herbs de Provence to the oil.
5. Cover chicken with dressing and marinate overnight.
6. Add chicken and marinade into a large pan. Cook on medium high for about 4 minutes. Turn over the chicken and cook on medium low for another 4-5 minutes. Check for doneness.

Tips

Chicken will be moist and juicy. You can serve the chicken over your favorite pasta or rice. This goes very well with a nice Greek Salad and naan. You'll want to soak up the extra marinade with the naan. See Mai's Greek Salad.

Spiritual Message from this recipe

We become what we marinate ourselves in. If you soak up negative thoughts, you will become sour. Be mindful of what you are soaking up. You have the power to choose.

Video and recipe for Mai's Greek salad:

 [Mai's Greek Salad](#)

Video and recipe for Greek Salad with Tomatoes and Cucumbers:

 [Greek Salad with Tomatoes and Cucum...](#)