

CHICKEN BREASTS & ARTICHOKE HEARTS WITH LEMON, GARLIC & OLIVE OIL

Basically, this recipe is marinated chicken breasts browned in a pan with artichokes added toward the end. The recipe makes a pan sauce with a little broth; sometimes I add white wine to the broth mixture, sometimes I omit the sauce completely. Whichever you choose, chicken and artichokes with lemon, garlic and olive oil tastes wonderful.

INGREDIENTS:

- 5-10 artichoke hearts, either frozen or fresh
- 4 plump chicken breasts, skins attached
- 5-8 cloves garlic, coarsely chopped
- 3-4 tablespoons extra virgin olive oil + juice of 1 lemon
- 1 cup chicken stock or broth

INSTRUCTIONS: Blanch the artichoke hearts by cooking them in boiling water for 3-5 minutes, until barely tender. Drain and toss them with half the garlic, olive oil and lemon and set aside.

In a separate bowl, combine the chicken with the remaining garlic, olive oil and lemon juice and let marinate at least 30 minutes, preferably longer.

Heat a heavy frying pan until it is very hot, then add the chicken and the marinade, with the chicken skin side down. Cook over medium heat until the chicken is lightly browned, then turn and

cook on the second side a few more minutes. The chicken should only cook about 3-4 minutes.

Add the artichoke hearts and heat through with the chicken, taking care not to overcook the chicken. About 5 minutes total cooking time should be enough — you want it almost but not quite cooked through. Remove the chicken and artichokes to a plate and keep warm a few minutes.

Pour the stock or broth into the pan and cook over high heat until it reduces to about half its volume, then reduce the heat to medium, return the chicken and artichokes to the pan to heat through with the sauce to finish cooking. Serve immediately.

Serves 4.

PER SERVING: 265 calories, 18 g protein, 11 g carbohydrate, 17 g fat (3 g saturated), 46 mg cholesterol, 101 mg sodium, 7 g fiber.