

# **Chicken with Vegetables & Rosemary Sauce**

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 25 minutes

Serves: 4

**CChints:** Buy chicken breasts when they are on sale and freeze them. Thaw in the refrigerator for a day before you want to cook them. Marinated artichoke hearts are handy and a time saver for this meal and they can be found on the canned vegetable aisle.



When you cut the leeks put them in a colander and run under cold water to get the same out of the layers and drain. If you can use fresh rosemary, you will taste the difference.

4 servings of brown or yellow rice  
1/3 cup chopped, toasted walnuts  
2 large boneless, skinless chicken breasts  
1/2 teaspoon kosher salt, divided  
1 teaspoons chopped fresh rosemary or 1/3 teaspoon dry.  
1 tablespoon olive oil  
Dash of freshly ground black pepper  
2 leeks, green parts cut off, cut down the middle and cut into 1/2 slices, rinsed and drained  
1/4 cup dry white wine, we like a Pinto Grigio  
3/4 cup low-sodium chicken broth  
6 ounce jar marinated artichoke hearts, drained and quartered  
1/8 cup seeded and chopped Kalamata olives  
2 teaspoons red wine vinegar  
Side vegetable of your choice

Prepare your rice according to package directions. Your rice could take 5 – 25 minutes. The goal is to have the rice ready when dinner is ready.

Locate a large nonstick skillet and put it on the stove over medium heat. When the pan is hot, add the nuts and cook for 2 minutes until you start to smell the nuts releasing their oils. Remove the pan from the heat and put the nuts in a bowl and set aside.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. Cut them in half and sprinkle all with half of the salt and a dash of pepper on both sides. Sprinkle with the rosemary.

Heat a large nonstick skillet over medium heat and add the oil. Add the chicken and cook for 3 minutes covered on the first side and 3 minutes uncovered on the other side until the chicken is done. Remove from the pan and keep warm.

At this point, start your side vegetable and see if your rice is ready.

Remove the pan from the heat and add the rest of the oil to the pan and stir in the leeks and stir for 1 minute to loosen the brown bits. Slowly pour in the wine and keep stirring. Add the broth and artichokes for 2 minutes and then add the olives and vinegar.

Return the chicken and the juices to the pan and cook covered for 2 minutes.

Put a serving of rice on each plate and top with the chicken and a spoonful of the sauce. Add your side vegetable and you are ready to eat.