

Garlic Chicken with Artichokes

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 15 minutes

Serves: 4

CChints: This recipe calls for a dry white wine, but you can substitute chicken broth and reduce it to 2/3 cup. Remember, when you cook with wine the alcohol burns off and leaves the flavor behind.



3 boneless, skinless chicken breasts
1/2 teaspoon salt and a dash of black pepper, divided
3 tablespoons olive oil, divided
1 cup (1/2 med) of a sweet yellow onion, finely chopped
3 cloves of minced garlic, fresh or from a jar
8.5 ounce can quartered artichokes hearts, divided
3/4 cup dry white wine
1/3 cup chicken broth
2 teaspoons freshly squeezed lemon juice
1 teaspoon lemon zest
1/4 cup thin sliced and lightly packed basil leaves
1 tablespoons, chopped fresh thyme
Side vegetable of your choice

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding. 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. The chicken breasts can get very large so you can cut them in half to make a more appropriate serving size. Return it to the plate and sprinkle all with half of the salt and pepper on both sides.

Heat a large nonstick pan over medium heat and add 1 Tablespoon of oil. When the oil is hot add the onions and cook for 4 minutes, stirring occasionally. Add the garlic and a pinch of salt and pepper for 1 more minute. Remove this mixture from the pan and put into a container that is large enough to hold the chicken and the onions and set aside.

Add 2 tablespoons of oil to the pan and add the chicken. Cook for 3 minutes, covered and then turn them over and cook for another 2 minutes. Remove them from the pan and add them to the onion mixture's container. Throw away the plastic wrap and wash everything that came in contact with the raw chicken.

Prepare your side vegetable now so it is done when the chicken dish is ready.

Add the artichokes for 2 minutes, stirring occasionally until almost brown. Slowly add the wine for 30 seconds scraping the bottom of the pan to get up the brown chicken bits. Add the broth and bring to a simmer for 3 minutes. Reduce the heat and add the lemon juice through thyme to the pan. Return the chicken and onions to the pan and cook for 4 minutes.

Enjoy!