

BONUS RECIPE

CHICKEN PICCATA WITH ARTICHOKES AND MUSHROOMS

Prep Time: 20 minutes | Cook Time: 25 minutes | Serves: 4

INGREDIENTS:

2 large boneless, skinless chicken breasts, sliced thin into four (4oz) cutlets
1/2 cup whole wheat flour (or gluten free flour, i.e chickpea, almond, lentil flour)
8 tablespoons olive oil
1 (8oz) can baby artichoke hearts (packed in oil, not brine), drained
3oz sundried tomatoes, chopped
1 shallot, chopped
4 cloves garlic, chopped
2 lemons, zested and juiced
2 cup mushrooms, sliced
2 cups low-fat dairy milk or non-dairy milk alternative (soy, almond, oat, etc.)
1/2 cup dry white wine or low-sodium chicken broth
2 tablespoons fresh parsley, chopped

DIRECTIONS:

1. Wash hands with soap and water.
2. Pre-heat oven to 350°F.
3. Heat a medium sized oven safe skillet on the stove over medium high heat. Add 4 tablespoons olive oil to the skillet.
2. Dredge each chicken breast into the flour. Transfer to skillet and sear chicken on both sides, about 3 minutes on each side. After searing chicken, remove breasts to a clean plate.
3. Add the remaining 4 tablespoons olive oil into the hot skillet along with the shallot, garlic, and mushrooms. Sauté for about 2 minutes until mushrooms start to soften.
4. Deglaze pan with wine or low-sodium chicken broth and milk.
5. Add the chicken back into pan along with artichokes and sundried tomatoes.
6. Place the skillet into the oven and bake until the chicken is cooked through, about an additional 10-15 minutes, until the thickest part of the chicken reads 165°F.
7. Serve as a meal on its own or with a simple tossed salad (such as arugula tossed with olive oil, balsamic vinegar, and low-fat parmesan cheese). Pairs well with some cooked whole grain or chickpea pasta and wilted spinach.

NUTRITION FACTS

Serving Size: 1/4 of recipe

Calories: 470
Total fat: 24 grams
Saturated fat: 4 grams
Trans fat: 0 grams
Cholesterol: 60 milligrams
Sodium: 390 milligrams
Total Carbohydrate: 27 grams
Dietary Fiber: 6 grams
Added Sugar: 0 grams



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