



Chicken and Artichoke

PREP: 60 min

INGREDIENT LIST:

- 6-8 oz. skinless, boneless chicken breast
- Kosher salt and fresh ground black pepper
- 3 tbsp. olive oil – extra virgin
- 1 can or 1 9 oz. frozen pkg artichoke hearts (halves)
- 1 small red onion, large diced
- 3 gloves garlic – sliced thin
- 1 tsp. oregano
- $\frac{3}{4}$ - 1 cup chicken broth – low sodium
- $\frac{1}{4}$ cup of kalamata olives
- $\frac{1}{4}$ cup fresh parsley
- $\frac{1}{4}$ cup feta cheese crumbles
- $\frac{1}{4}$ Peppadew peppers - (2 tsp pepper brine)

RECIPE INSTRUCTIONS:

1. Cut chicken into 8 small pieces – pound to $\frac{1}{2}$ inch thick
2. Season with salt and pepper – cook at mid-high in 1 tbsp olive oil for 4-5 min on one side, turn and cook 2-3 min more. Slightly browned
3. Remove from heat and transfer to holding plate
4. Heat 2 tbsp. Oil; add artichokes and onions – cook until soft - cook 1 min
5. Season with salt and pepper – cook 2 min longer, stir occasionally
6. Add garlic and oregano – cook 1 min
7. Return chicken to pan – add broth and olives
8. Bring to a simmer – cover and cook until chicken is 165 degrees (4-5 min)
9. Top with parsley and feta crumbles
10. Add pepper and brine
11. Allow 2 min covered rest time
12. Then plate and serve

