

Mediterranean Chicken

with Mushrooms and Artichokes



Juicy chicken is baked to perfection with tender mushrooms, tangy artichoke hearts, and sweet tomatoes to create the warm flavors of the Mediterranean. Serve over brown rice or quinoa.

Ingredients

- 1/2 cup all-purpose flour
- 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded
- 2 Tbsp. olive oil
- 8 ounces sliced button mushrooms
- 1 (6-ounce) jar marinated artichoke hearts, drained
- 2 cups chopped tomatoes
- 2 medium garlic cloves, minced
- 1/2 tsp. dried oregano, crumbled
- 1/2 tsp. pepper (freshly ground preferred), or to taste
- 1/2 cup dry sherry or fat-free, low-sodium chicken broth

Directions

1. Preheat the oven to 350°F.
2. Put the flour in a medium shallow dish. Dip the chicken in the flour, turning to coat and gently shaking off any excess. Transfer to a large plate.
3. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 2 minutes on each side, or until lightly browned (the chicken won't be done at this point). Transfer to an 11 x 7 x 2-inch baking dish. Place the mushrooms and artichokes around the chicken.
4. In a small bowl, stir together the tomatoes, garlic, oregano, and pepper. Pour over the chicken, mushrooms, and artichokes.
5. Bake for 25 minutes. Remove from the oven and stir in the sherry.
6. Bake for 5 minutes, or until the chicken is no longer pink in the center.

