

Shopping List

Mediterranean Chicken with Mushrooms and Artichokes

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