



CREAMY ARTICHOKE CHICKEN

SERVINGS: 4 | PREP TIME: | COOK TIME: 15 MINS

INSTRUCTIONS:

PREPARE CHICKEN

1. Butterfly each chicken breast, then slice even lines across the surface to open up for better tenderness. Pound out the breasts with a meat hammer to make each piece even. Season the chicken with a good layer of salt and pepper. Mix the flour and rosemary together in a large bowl or gallon-sized plastic bag, and toss the chicken to coat well.
2. Heat the skillet over medium heat (cast iron is my preferred method) and coat pan with about 2 tbsp. olive oil. Add chicken to the hot pan and cook for about 5 minutes until golden brown on each side.

PREPARE ARTICHOKE CREAM SAUCE

1. Butterfly each chicken breast, then slice even lines across the surface to open up for better tenderness. Pound out the breasts with a meat hammer to make each piece even. Season the chicken with a good layer of salt and pepper. Mix the flour and rosemary together in a large bowl or gallon-sized plastic bag, and toss the chicken to coat well.

COMBINE

1. Turn on the oven to broil and let it heat up. While the oven is warming up, transfer the chicken to a baking sheet and spoon a thick layer of sauce over the meat. Add the grated parmesan cheese over the top and put it into the oven. Broiling takes about 2-5 minutes; it's ready when the tops are browned and bubbling. I used the PowerPlus Temperature Probe feature on the range to set and monitor the temperature and ensure the chicken was cooked through.

CRANK UP YOUR COOKING TIP:

This bubbling creamy chicken has a great chunky texture and looks amazing fresh out of the oven. Make the topping before the party and 15 minutes is all it takes to go from appetizers to an incredible main dish.

INGREDIENTS:

CREAMY ARTICHOKE SAUCE

- 1 Cup Artichoke Hearts (chopped)
- 1/3 Cup Mayonaise
- 1 Zest of a Lemon
- 1/2 Juice of a Lemon
- 1/2 Cup Grated Parmesan Cheese
- 4 Cloves of Garlic
- 1 TBSP. fresh Parsley
- 1/2 tsp. Crushed Red Peppers
- 1/2 tsp. fresh Rosemary Minced
- Salt & Pepper to taste
- 3 TBSP. Parmesan for topping

ROSEMARY CHICKEN

- 4 Chicken Breasts
- 1 Cup Flour
- 2 tsp. fresh minced Rosemary
- Salt & Pepper to taste