

CHICKEN AND ARTICHOKES

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 servings, about 1 cup each

Nutrition (per serving)

Calories: 330

Sodium: 880 mg

Total Fat: 5 g

Total Carbohydrate: 37

Saturated Fat: 3 g

Protein: 32 g



Ingredients

4 boneless chicken breast halves (about 1 pound)

1 can (14.5 oz) chicken broth

6 oz fresh mushrooms, sliced (about 2 cups)

1/4 cup onion, chopped

1 tsp fresh oregano, chopped OR 1/4 tsp dried oregano

1/2 tsp pepper

1 cup frozen green peas

1 can (14 oz) artichoke hearts, drained OR use a 9 oz package frozen artichoke hearts

- 2 Tbsp cornstarch
- 2 Tbsp grated Parmesan cheese
- 2 cups hot cooked rice

Directions

1. Trim fat from chicken breast halves. Cook chicken in skillet over medium heat, until chicken is browned on both sides.
2. Reserve 1/2 cup broth. Stir remaining broth, mushrooms, onion, oregano and pepper into skillet with chicken. Heat to boiling; reduce heat. Cover and simmer about 8 minutes, stirring occasionally.
3. Stir in frozen peas and artichoke hearts. Heat to boiling. Reduce heat, cover and simmer an additional 8 minutes or until chicken is done and vegetables are tender.
4. Remove chicken but keep warm. Mix reserved broth , cornstarch and cheese. Stir this into the mixture in the skillet. Heat to boiling, stirring constantly. Boil and stir for one minute.
5. To serve: Place 1/2 cup rice on each plate, top with chicken breast. Ladle the thickened vegetable mixture over the chicken and rice.