DARIA VENTURA NUTRITION dariard@gmail.com



ARTICHOKE HEARTS
AND MUSHROOMS

Makes 8 - 10 servings

INGREDIENTS

4 whole chicken breasts, (4 pounds), boned and skinned

1/4 cup Wondra flour

1/2 cup fine dry breadcrumbs

1 teaspoon salt

1/2 teaspoon freshly milled black pepper

1/4 cup olive oil

2 tablespoons unsalted butter

1 large yellow onion, halved and thinly sliced

2 9-ounce packages frozen artichoke hearts, defrosted and well drained

1 pound medium mushrooms, trimmed, wiped and thinly sliced

1 cup chicken broth

1/2 cup dry vermouth

INSTRUCTIONS

Cut each boned chicken breast in half and each half into thirds.

In a shallow bowl, combine flour, breadcrumbs, salt and pepper. Dredge chicken in the flour mixture and shake off excess.

In a 12-inch skillet, heat olive over medium-high heat until haze forms, then add butter. Quickly sauté chicken in two batches until very lightly golden on both sides. Drain on paper towels.

Arrange chicken in a single layer in a 9" x 13" baking dish.

Pour off some of the pan drippings, leaving about 3 tablespoons. Add onion and sauté over medium heat until barely tender, about 2 minutes, stirring constantly to loosen any fragments that might be stuck to the bottom of the pan. Add artichoke hearts and continue to sauté, stirring frequently, until barely tender when tested with a fort at base of artichoke, about 2 minutes. Add mushrooms and sauté just until well incorporated, about 30 seconds. Stir in chicken broth and vermouth, then remove from heat. Spoon artichoke mixture between and over chicken. Pour remaining pan juices over chicken.

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INSTRUCTIONS

When ready to bake, adjust rack to center oven and preheat to 350° F. Bake uncovered, basting frequently with pan juices, until chicken and artichoke hearts are very tender when tested with the tip of a knife, about 35 to 40 minutes. Remove from oven and serve immediately.