



CHRISTOPHER CREEK

Spice Company

Mid-Week Meals

Artichoke Chicken & Tomatoes

Makes 4 Servings



- 4 boneless skinless Chicken Breasts
- 1 medium Red Onion, chopped
- 1 - 15oz can Artichoke Hearts, drained
- 2 large Roma Tomatoes, chopped
- 1 Lemon, juiced
- 1/2 cup Chardonnay
- 2 tablespoons Olive Oil



Remove the chicken from the refrigerator and liberally season with Fowl Rub. Cover with plastic wrap and let the chicken sit at room temperature for 30 minutes.

On the stovetop bring a large sauté pan to medium-high heat. Add the olive oil to the hot pan then add the chicken breasts and cook for 4 minutes. After 4 minutes turn over the chicken and add the onion to the pan and cook an additional 2 minutes.

Take the pan off the burner and add the Chardonnay...this can flame-up so be careful. Return the pan to the burner and add the drained artichoke hearts, tomatoes and lemon juice.

Lower the heat to medium-low and place a lid on the pan. Cook for 5 minutes or until the chicken is fully cooked. The internal temperature of the chicken should be 165 degrees.

Try serving this dish over Jasmine Rice and do not forget to spoon some of the wine sauce over the plate...Enjoy!

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