

Quick Artichoke Chicken

Right for Tonight™ Healthy Meals



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Prep Time: 10 minutes

Cook Time: 30 minutes

Easy Recipe:

- 1 tbsp. olive oil
- 4 (5-oz.) boneless, skinless chicken breasts
- 2 cups sliced mushrooms
- 1 large onion, thinly sliced
- 1 (14.5-oz.) can no-salt-added diced tomatoes, undrained
- 1 cup artichoke hearts, drained and quartered
- 1 cup reduced-sodium chicken broth
- 1 tsp. hot sauce
- 2 cups fresh baby spinach leaves

Easy Steps:

1. In a large skillet heat oil over medium-high heat. Season chicken with freshly ground black pepper to taste. Add chicken to skillet; cook 4 minutes per side or until browned. Transfer to a plate; set aside.

2. Add mushrooms and onion to skillet; cook over medium heat until onion is tender. Stir in tomatoes, artichokes, broth and hot sauce. Return chicken to skillet. Simmer, uncovered, 20 to 30 minutes or until an instant-read thermometer inserted into the chicken registers 165°F.

3. Stir in spinach; cook just until wilted. Season with pepper to taste, and serve.

Serves 4

Per Serving: 275 calories, 13g carbohydrate, 38g protein, 4g fiber, 6g fat, 2g saturated fat, 95mg cholesterol, 405 mg sodium

Make it a complete meal with whole-wheat couscous.



Milk with Meals: Serve this meal with an 8-ounce glass of lowfat milk to boost daily nutrition value by 8g protein, 30% calcium, 25% Vitamin D, 11% potassium, 10% Vitamin A and 23% phosphorus.

See a more nutritional option.



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