



Lemon Chicken with Artichoke Hearts

Makes 3 to 4 servings

Good nutrition and maintaining a healthy weight is important to back health. These quick and nutritious recipes are just what your back is looking for.

Ingredients

2 tablespoons olive oil
 ½ medium yellow onion, finely chopped
 3 medium garlic cloves, thinly sliced
 1 ½ pounds boneless skinless chicken meat, large dice
 1 ½ cups quartered artichoke hearts
 (canned or jarred – not frozen)
 ⅔ cup dry white wine
 ⅓ cup water
 1 teaspoon freshly squeezed lemon juice
 ½ cup lightly packed thinly sliced basil leaves
 1 teaspoon lemon zest
 Salt and pepper, to taste



Instructions

Heat oil in a large frying pan over medium-high heat. When it shimmers, add onion and garlic, season with salt and freshly ground black pepper, and cook until golden, about 4 minutes. Add chicken and cook, stirring rarely, until well-browned on all sides, about 5 minutes. Add artichoke hearts and cook until slightly broken down, about 3 minutes. Add wine, water, and juice and scrape the bottom of the pan to incorporate any browned bits. Cook until alcohol smell is cooked off and sauce is slightly reduced, about 5 minutes. Remove from heat, stir in basil and lemon zest, and serve.

Nutrition Facts

Serving Size: 1; Calories 423; Total Fat 12 g; Saturated Fat 2 g; Protein 56 g;
 Total Carbohydrates 11 g; Sugar 1 g; Fiber 1 g; Cholesterol 132 mg; Sodium 402 mg

Recipe courtesy Aida Mollenkamp



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