Dinner

Baked Chicken with Artichoke Parmesan Topping

Juicy chicken breasts baked with fresh lemon juice are crowned with a warm skillet topping of artichoke hearts, garlic and grated Parmesan.



Nut free

70 min	210	5 g	1 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 2 tbsp lemon juice (fresh)
- [ ] 4 (4-oz) breasts boneless, skinless chicken breasts
- [ ] 1/2 tsp garlic powder
- [ ] 1/4 tsp black pepper
- [ ] 1 tbsp olive oil
- [ ] 1 clove garlic (minced)
- [ ] 15 ounces, 1 can artichoke hearts (drained and chopped)
- [ ] 1/3 cup low sodium chicken broth
- [ ] 3 tbsp Parmesan cheese (grated)

Method

- [ ] **1** Turn the oven on to 350 degrees F and give a baking sheet an even coating of the nonstick cooking spray.
- [ ] **2** Slip the 4 boneless, skinless chicken breasts into a plastic freezer bag or between two sheets of plastic wrap, then flatten each one with a mallet or a rolling pin until it reaches a thickness of 1/2 inch.
- [ ] **3** Once flattened, let the fresh lemon juice run over the meat, sprinkle on the garlic powder and black pepper, and put the sheet in the oven for 25 minutes.
- [ ] **4** Meanwhile, set a skillet over medium-high heat, pour in the olive oil, and let the minced garlic sizzle in it for 1 minute.
- [ ] **5** Tip the drained, chopped artichoke hearts into the pan and give them roughly 3 minutes, stirring now and then.
- [ ] **6** Pour the low sodium chicken broth around the pan, allow everything to simmer for 5 minutes, and finish the sauce by stirring the grated Parmesan cheese through it.
- [ ] **7** Once the 25 minutes are up, pull the sheet from the oven, arrange the artichoke mixture over the chicken in an even layer, and return it to the oven for 10 more minutes or until the chicken is fully cooked.

Nutrition Facts

Per serving

Calories	210
Total fat	8 g
Saturated fat	2 g
Sodium	400 mg
Total carbs	5 g
Fiber	1 g
Total sugars	1 g
Protein	28 g

diabic.com/recipes

Scan to open this recipe and its shopping list