

Mediterranean Chicken with Artichoke Topping

🕒 Recipe by Lara Rondinelli Hamilton, RD, LDN, CDE and Jennifer Bucko Lamplough | Source *The Diabetes Cookbook* | Photo by Adobe Stock



Liven up chicken breast with this mediterranean-inspired recipe that is bursting with flavors.

🕒 5 min prep time 🍳 35 min cook time 🍴 4 servings 🐔 1 chicken breast

Step-By-Step Instructions:

1. Preheat the oven to 350 degrees F. Spray a baking sheet with cooking spray.
2. Place the chicken breasts in a plastic freezer bag or between plastic wrap. Use a mallet or rolling pin and pound the chicken breasts until it is 1/2 inch thick.
3. Squeeze the lemon juice over the chicken breasts and season with the garlic powder and black pepper. Bake the chicken 25 minutes.
4. While the chicken is baking; warm the olive oil in a skillet over medium-high heat. Add the garlic and cook for 1 minute. Add the artichoke hearts and cook about 3 minutes. Add the chicken broth and simmer for 5 minutes. Stir in the parmesan cheese.

5. Remove the chicken from the oven. Spread the artichoke mixture evenly over the chicken breasts. Bake for 10 more minutes or until the chicken is done.

Nutrition Facts	
4 Servings	
Serving Size	1 chicken breast
Amount per serving	
Calories	220
% Daily value*	
Total Fat 7g	9%
Saturated Fat 1.9g	10%
Trans Fats 0g	
Cholesterol 70mg	23%
Sodium 340mg	15%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 1g	
Added Sugars 0g	0%
Protein 28g	
Potassium 400mg	9%

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