

Chicken

Chicken with Artichokes

Grammy Guru - Arlene Borg
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Servings: 4

1 can (15 oz) artichokes
2 large boneless/ skinless whole chicken breasts, split
3/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon paprika
1 -2 tablespoons canola oil
4 tablespoons butter or 1/4 cup butter substitute
1/4 pound fresh mushrooms, thinly sliced
4 1/2 teaspoons flour
1/3 cup chicken broth
2 tablespoons sherry

Preheat the oven to 350 degrees.

Drain artichokes well and halve. Set aside.

Sprinkle the chicken with the spices.

In a large skillet, brown the chicken in oil for about 5 minutes, turning once. Place side by side in a baking dish.

In a small saucepan, saute' the mushrooms in the butter or substitute. Cook for two minutes. Sprinkle with flour while stirring constantly.

Add the broth and sherry. Stir until thickened. Mix in the artichokes and pour over the chicken.

Cover and bake for 35 to 45 minutes.

Per Serving (excluding unknown items): 107 Calories; 7g Fat (61.4% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 494mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat.