

Chicken

Mediterranean Chicken Bake

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Servings: 4

4 (five ounce each) boneless/ skinless chicken breasts

2 teaspoons herbes de Provence

1/2 teaspoon salt

1/4 teaspoon pepper

1 tablespoon olive oil

1 cup marinated artichoke hearts, quartered

1/4 cup oil-packed sun-dried tomatoes, coarsely chopped

1 cup feta cheese, crumbled

Preheat the oven to 425 degrees.

Flatten the chicken to 1/2-inch thickness.

In a bowl, combine the herbes de Provence, salt and pepper. Sprinkle over the chicken.

In a large skillet, brown the chicken in the olive oil on both sides. Transfer to a greased 11x7-inch baking dish.

Top with the artichokes, sun-dried tomatoes and feta cheese.

Bake, uncovered, for 15 to 20 minutes or until a thermometer in the chicken reads 170 degrees.

Per Serving (excluding unknown items): 182 Calories; 15g Fat (71.1% calories from fat); 7g Protein; 6g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 875mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 2 1/2 Fat.