

Chicken

Mediterranean Chicken

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Servings: 4

Start to Finish Time: 25 minutes

2 tablespoons olive oil

4 (4 ounce) boneless/ skinless chicken breasts

1/2 teaspoon salt

1/4 teaspoon pepper

1 fennel bulb, cored and thinly sliced

2 cloves garlic, minced

1/4 cup dry white wine

1 package (10 oz) frozen artichoke hearts, thawed

1/3 cup Kalamata olives, chopped

1/3 cup sun-dried tomatoes, packed in oil, chopped

mashed potatoes (optional)

Heat the oil in a large, lidded nonstick saute' pan on medium-high heat.

Season the chicken on both sides with 1/4 teaspoon of the salt and pepper. Add the chicken to the pan. Cook for 3 minutes. Flip and cook another 3 minutes. Remove from the pan and set aside.

In the same pan, reduce the heat to medium and add the fennel. Saute' 3 to 5 minutes or until slightly softened.

Add the garlic. Cook for 1 minute.

Pour in the wine. Bring to a boil and cook for 1 minute.

Stir in the artichokes, olives, sun-dried tomatoes, chicken and remaining 1/4 teaspoon of salt. Cover and cook for 3 minutes or until heated through.

Serve with mashed potatoes, if desired.

Per Serving (excluding unknown items): 143 Calories; 12g Fat (78.9% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 610mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 2 1/2 Fat.