

Mediterranean Chicken with Sundried Tomatoes, Artichokes and Kalamata Olives

Ingredients

1.5 lb chicken breast (thinly sliced)
1/2 tsp salt
1/4 tsp ground black pepper
1/4 cup flour
2 T olive oil
8 oz roasted artichoke hearts (drained)
6 oz sun-dried tomatoes in oil
3 T capers (drained)
½ cup pitted kalamata olives
2 T lemon juice freshly squeezed
3 T olive oil

Directions

Season chicken with salt and pepper, then dredge in flour. Heat 2 tablespoons of olive oil in a large skillet on medium-high heat. Add chicken and brown for about 4 minutes until it turns nice golden color on both sides. Remove the chicken from skillet. Add artichokes, sun-dried tomatoes, capers, olives and lemon juice to the same skillet. Stir to combine, on medium heat. Reduce heat to medium-low. Add 2 or 3 tablespoons olive oil and stir in to combine. Push the vegetables to the sides of the skillet, and add the chicken back in. Cook the chicken and the vegetables on low-medium heat for about 5-10 more minutes, covered, until the chicken is completely cooked through and no longer pink in the center. Serve immediately over creamy polenta or angel hair pasta.

Pair with the new Wild Child.