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Recipe for family meals :

Chicken Breasts with Artichoke Hearts

This recipe comes from **Nana's Recipes** which is the website of Norma "Nana" Welton - you can visit the website by **clicking here**.

David Welton, her son, describes Nana's website as follows:

"Easy to prepare "home cooking with flair" recipes from a Grandmother who loves to cook! Pictures and detailed recipes of chocolate desserts, cakes, pies, cookies, salads, entrées, side dishes and more."



Ingredients

- 2 tablespoons olive oil
- 1/2 onion chopped
- 2 garlic cloves minced
- 4 boneless skinless chicken breast halves
- 1/4 cup flour
- 1 (9 oz.) package frozen artichoke hearts
- 1/2 lb. mushrooms (quartered)
- 1/2 cup chicken stock (Swanson)
- 1/2 cup raspberry vinegar
- 1/2 teaspoon tarragon
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Method

Heat oil in a large non-stick skillet over medium heat. Add onion and garlic and sauté for 5 minutes until translucent.

Meanwhile, place chicken breast halves between two sheets waxed paper, and with a meat mallet, flatten each piece until it's about 1/4 -inch thick. Dredge chicken in flour, shake off excess and sauté chicken about eight minutes on each side until lightly browned. Remove chicken from pan and set aside.

While chicken is cooking, place frozen artichokes hearts in a colander and run cold water over them until they separate. After removing chicken from skillet, add artichoke hearts and mushrooms, increase heat and sauté for one minute. Stir in stock, vinegar and tarragon, and boil mixture for five minutes. Stir in salt and pepper, return chicken to skillet, reduce heat and simmer for five more minutes until sauce is syrupy.

Accompany this dish with egg noodles tossed with chopped parsley. Makes four servings.

Adapted from a recipe in PG&E Spotlight

Norma "Nana" Welton

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