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by ewfood

Cheesy Artichoke Chicken



Ingredients

1 tin artichoke bottoms
1oz. crumble goat cheese
0.5oz. chopped fresh chives, divided
1 tsp. chopped fresh thyme, divided
1tsp. grated lemon rind, divided
4 skinned, boned chicken breast halves
pepper to taste
1fl oz. olive oil, divided
½ tsp. cornstarch
juice of half a lemon
Servings
4
Person

Preparation

1. Drain artichokes in a colander over a bowl, reserving liquid
2. Coarsely chop artichoke bottoms and combine artichokes, cheese, 2tsp. chives, ½ tsp. thyme and ½ tsp. lemon rind in a medium bowl and stir well
3. Cut a horizontal slit in thickest portion of each chicken breast half to form a pocket
4. Stuff the artichoke mixture into each pocket and season the chicken with pepper
5. Heat 0.5fl oz. oil in a skillet over medium-high heat
6. Add the chicken breasts, and cook 6 minutes on each side or until the juices run clear indicating that the chicken is done
7. Remove chicken from skillet and keep warm on one side
8. Add reserved artichoke liquid, ½ tsp. spoon thyme, and ½ tsp. lemon peel to the skillet, combine the cornstarch and lemon juice and add to skillet
9. Cover and simmer 2 minutes or until thoroughly heated
10. Spoon the sauce over the chicken and garnish with the remaining chives

Cooks Note

Prep Time: 15 minutes; Cook Time: 15 minutes; Serves 4