

# Featured Ingredient... Lemon



## BUTTERY LEMON ARTICHOKE CHICKEN

*Recipe from Carla Burke, RD*

### INGREDIENTS

- 1.5 lb chicken thighs
- ½ tsp salt
- ½ tsp black pepper
- ¼ cup all-purpose flour
- 2 tbsp onion powder
- 1 tbsp garlic powder
- 2 tbsp extra virgin olive oil
- 4 tbsp salted butter
- 2 lemons
- 2 clove garlic
- 1 tbsp dried thyme leaves (or 2 Tbs fresh)
- ¼ tsp chili flakes
- ½ c chicken broth
- 5 oz baby spinach
- 12 oz jar marinated quartered artichokes
- ⅓ c heavy cream
- ½ c grated Parmesan cheese

### DIRECTIONS

1. Season the chicken thighs with salt and set aside for at least 35 minutes (hint: you can do this in the morning before you plan to cook dinner and place it back in the fridge). Mince garlic. Slice one of the lemons. Juice the other lemon into a small dish and set aside.
2. Preheat the oven to 400 degrees. Combine flour, onion powder, garlic powder, and pepper in a shallow bowl and dredge the chicken through the flour mixture.
3. In a large skillet, heat up olive oil over medium high heat. The olive oil should become hot but not smoking before you place the chicken into the skillet to sear. Sear both sides of the chicken until golden or about 5 minutes on each side, then set chicken aside on a plate.
4. Reduce the temperature of the pan to medium and add butter, lemon slices, minced garlic, thyme and chili flakes to the pan for about 2 minutes.
5. Add chicken broth and lemon juice to the pan, scraping the bottom bits off the bottom of the pan. Replace the chicken back into the pan along with the artichokes. Pour heavy cream into the pan and simmer for 2-3 minutes. Sprinkle over Parmesan chicken and bake for 5 minutes.
6. Serve and enjoy!

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### TOOLS NEEDED

cutting board, chef's knife, large ovenproof skillet ( I suggest a cast iron skillet)

### SUBSTITUTIONS

**Wheat:** Use gluten free flour. I suggest Bob's Red Mill 1 for 1 mix.

**Soy:** There is no soy in this recipe.

**Nuts:** There are no nuts in this recipe.

**Eggs:** There are no eggs in this recipe.

**Dairy:** To avoid butter use olive oil to the same amount.

Adjust this salad to meet your goals may making these modifications to the ingredients:

### WEIGHT GAIN

Use 4 Tbsp olive oil and 4 Tbsp butter instead of 2.

### WEIGHT LOSS

Use 1 Tbsp butter and 1 Tbsp olive oil instead of 2.

### SPORTS PERFORMANCE

Increase to 2.25 lb chicken and serve with lots of carbohydrate rich foods.