

Chicken Artichoke Florentine

Serving size: 1 Chicken Breast

Makes 6 Servings

Ingredients:

6 boneless skinless chicken breasts
Dash of salt
Dash of coarse black pepper
2 tablespoons extra virgin olive oil
½ medium onion, diced
1 14oz can artichoke hearts, drained and chopped
2 cloves garlic, minced
2 cups fresh spinach
1 oz Pernod liqueur or ¼ cup dry white wine
1 8oz package linguini pasta cooked al dente
1 tablespoon grated Mozzarella cheese (optional)

Directions:

Season the chicken with a dash of salt and black pepper to taste.
Heat the oil in a large skillet over medium high heat.
Add the chicken breast and sauté until browned on each side and no longer pink in the center. Set aside warm.
To the skillet add the onions and artichoke hearts and sauté until tender. Then add the garlic, spinach and pernod and sauté until the spinach wilts.
Plate each chicken breast on a bed of linguine pasta.
Top the chicken breasts with the spinach mixture.
Garnish with a sprinkle of Mozzarella cheese or with a tablespoon Beurre Blanc sauce.

Exchanges per serving:

3 Lean Meats, 3 Starches, 1 Vegetable

Nutrients per serving:

Calories: 434
Calories from fat: 64
Total Fat: 7g
Cholesterol: 68mg
Sodium: 315mg
Total Carbohydrate: 51g
Dietary Fiber: 5g
Protein: 37g