

ARTICHOKE CHICKEN

INGREDIENTS

4 skinless chicken breasts

1 tbsp olive oil

2 tbsp fresh lemon juice

1 tsp Greek seasoning

2/3 cup feta cheese

14 oz artichoke hearts, quartered

black pepper to taste

PROCEDURE

Preheat oven to 375 degrees.

Grease 9x13 pan.

Drain artichokes and set aside.

Brown chicken breast 2-3 minutes on each side.

Remove chicken and cut into strips.

Whisk lemon juice, olive oil and and Greek seasoning.

Place chicken and artichokes in pan.

Sprinkle feta cheese on top.

Pour cooking juice over pan.

Bake 20 -25 minutes, until done.

Top with black pepper before serving.

NATURAL HEALTH

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