



Seared Chicken Breasts with Grapes and Artichokes

Serves: 4

- 2 boneless, skinless chicken breasts (8 ounces each), butterflied lengthwise into 4 cutlets
- salt, to taste
- pepper, to taste
- 2 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 1 leek, white part only, halved and thinly sliced
- 2 tablespoons chopped fresh oregano
- 1 1/2 cups quartered artichoke hearts, frozen, canned or jarred
- 1/2 cup dry white wine
- 1/2 cup low-sodium chicken stock
- 1 tablespoon lemon juice
- 1/2 teaspoon lemon zest
- 2 teaspoons butter
- 3/4 cup green California grapes
- 3/4 cup red California grapes
- 2 tablespoons chopped flat-leaf parsley

Season chicken breasts with salt and pepper, to taste. In saute pan over medium-high heat, heat 1 tablespoon olive oil. Add chicken breasts and sear 3-4 minutes per side. Remove chicken and set aside.

Add remaining olive oil to pan, along with garlic, leek and pinch of salt; cook on medium heat 2-3 minutes to soften leek. Stir in oregano, artichokes, wine, chicken stock, lemon juice, lemon zest and butter. Simmer 2-3 minutes then add chicken back to pan, basting each breast with sauce. Add grapes and simmer 3-5 minutes, or until grapes are just soft and chicken is cooked through.

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Serves: Stir in fresh parsley and serve.

Nutritional information per serving: 320 calories; 26 g protein; 23 g carbohydrates; 12 g fat (34 percent calories from fat); 3 g saturated fat (8 percent calories from saturated fat); 70 mg cholesterol; 390 mg sodium; 5 g fiber.

Source: California Table Grape Commission

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