

Mediterranean Chicken Skillet



Easy to make chicken breast with sun-dried tomatoes, capers, and artichoke hearts, nestled in a creamy lemony sauce.

Course	Main Course
Cuisine	Mediterranean
Diet	Gluten Free, Low Fat
Prep Time	2 minutes
Cook Time	25 minutes
Total Time	27 minutes
Servings	6
Calories	236kcal
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Ingredients

- 1.5 lb chicken breast cut in half on lengthwise to cook faster
- 2 tbsp gluten-free flour
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 2 tbsp olive oil
- 8 oz can of roasted artichoke hearts drained
- 3 oz sun-dried tomatoes
- 3 tbsp capers drained
- 2 tbsp lemon juice freshly squeezed
- 1 tbsp gluten-free flour
- 1 cup almond milk
- 1 tbsp freshly chopped parsley

Instructions

1. In a medium bowl, mix the 2 tablespoon of flour with salt and pepper. Lightly coat each piece of chicken with the seasoned flour.
2. Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the chicken and cook for about 10-12 minutes per side, or until fully cooked through. If needed, cook it in batches to avoid overcrowding the pan. Set aside on a plate and cover to keep warm.
3. Meanwhile, in a small bowl whisk the other 1 tablespoon of flour with the almond milk until no visible lumps.
4. To the same preheated skillet, add the artichokes together with the sun-dried tomatoes and capers. Sautee for about 2 minutes, then add the milk mixture to the pan and the lemon juice; whisk well to combine.

5. Once the sauce starts to thicken, return the chicken to the pan. Let it simmer for a couple of minutes, until hot.
6. Serve warm garnished with fresh parsley.

Notes

- **Chicken:** we used boneless chicken breast, but you may use boneless chicken thighs if you prefer.
- **Milk:** Any milk of choice will work, we used almond milk.
- **Capers:** Some either love or hate capers. If you aren't too fond of capers you can skip it.
- **Artichoke hearts:** we love adding artichokes, but can be substituted with another veggie of choice like asparagus, green beans, or broccoli.
- Use **freshly squeezed lemon juice** for optimum flavor. If in a pinch you can use bottled lemon juice.
- Store leftovers in a sealed container in the fridge for up to **4 days**.
- Serving size: one chicken breast

Nutrition

Calories: 236kcal | Carbohydrates: 13g | Protein: 27g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 1g | Cholesterol: 73mg | Sodium: 665mg | Potassium: 917mg | Fiber: 3g | Sugar: 6g | Vitamin A: 220IU | Vitamin C: 10mg | Calcium: 77mg | Iron: 2mg