

# Hearty Artichoke Chicken

# EASY | RECIPE

- 1 tbsp **extra virgin olive oil**
- 3 cups uncooked **chicken**, chopped (about 1½ lbs)
- 2 14-oz cans **artichoke hearts**, drained and halved
- 2 4-oz cans sliced **mushrooms**, drained
- 2 tbsp **green olives**, sliced
- ¾ cup **white wine** (or **water**)
- 2 tbsp **white wine vinegar**
- Paprika** to taste

1. In large nonstick skillet, heat oil over medium-high temp; add chicken and stir-fry 7 to 8 minutes.
  2. Stir in artichoke hearts, mushrooms and olives.
  3. Add wine (or water) and vinegar; reduce heat, cover and simmer 25 minutes.
  4. Garnish with paprika.
- Suggestion:** Serve over hot cooked whole-grain pasta, brown rice or a bed of lettuce.

**Makes 5 servings. Per serving:**

297 calories | 29.6g protein | 12.4g fat | 9g carbohydrate | 5g fiber | 569mg sodium