

Artichoke Chicken

From a blog called Plain Chicken, via Pinterest



- 1 cup Italian salad dressing
- 4 boneless skinless chicken breast halves
- 1 tablespoon olive oil
- 15 ounces canned artichoke hearts, drained and chopped
- 3/4 cup grated Parmesan cheese
- 3/4 cup mayonnaise
- 1/4 teaspoon garlic powder

Per Serving (excluding unknown items): 839 Calories; 73g Fat (76.5% calories from fat); 37g Protein; 13g Carbohydrate; trace Dietary Fiber; 95mg Cholesterol; 1319mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 9 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 4

NOTES: If the chicken breasts are particularly large, cut them in half and pound them some, to an even thickness - but not too thin or they won't stay moist enough. Half of a large chicken breast is enough for one serving unless you've got hungry teenage football players on hand.

1. Marinate chicken breasts in Italian dressing in a sealed plastic bag for a few hours to overnight.
2. Preheat oven to 375°F.
3. Heat olive oil in non-stick skillet over medium-high heat. Remove chicken from marinade and brown lightly 2 minutes per side. Place chicken on foil lined baking sheet. If using the half breasts, sear on one side only, turn over and put topping on the un-seared side.
4. In a medium bowl, mix together chopped artichoke hearts, Parmesan cheese, mayonnaise, and garlic powder. Spread artichoke mixture evenly on top of chicken - go all the way to the edges which helps keep the chicken moist.
5. Bake for 20 to 25 minutes, until juices run clear. If using pounded-thinner half of a chicken breast, it will likely take 12-15 minutes to bake - test several times with an instant read thermometer to make sure you don't over bake them - it should register 165° F.