

# Chicken Breasts, Artichokes, LEMONS, CAPERS

Servings: 4

*Source: The Foster's Market Cookbook*

## Ingredients

- 4 boneless, skinless chicken breasts, about 6 oz each
- salt and pepper to taste
- 2 tbsps fresh thyme or 2 tsp dried thyme
- $\frac{1}{3}$  cup flour
- 3 tbsps unsalted butter
- 1 tbsp olive oil
- 1 14-oz can artichokes hearts (packed in water), drained and cut in half
- $\frac{1}{4}$  cup drained capers
- 1 lemon, sliced into paper-thin rounds
- 6 bay leaves
- 1 cup dry white wine

## Method

1. Rinse the chicken and pat dry. Flatten each chicken breast half by placing it between 2 sheets of wax paper or plastic wrap and pounding it with the flat bottom of a heavy pan until the chicken is about  $\frac{1}{8}$  inch thick in all places. Season with salt, pepper, and thyme, pressing them into the breast meat.
2. Dust the breast lightly with the flour, shaking off any excess flour.
3. Heat the butter and olive oil in a large skillet over medium-high heat. Add the chicken breasts; top with artichokes, capers, and lemon slices. Cook the breasts 4 to 5 minutes per side, turning once, until light brown and crispy. (Reduce the heat if the breasts are browning too quickly.)
4. Add the bay leaves and wine and reduce heat to a simmer, as you scrape the bottom of the pan to loosen any brown bits. Simmer about 5 minutes longer, stirring occasionally, until the sauce is slightly reduced and thickened. Discard the bay leaves.
5. Season with additional salt and pepper if desired and serve immediately, topped with the artichokes, capers, lemon slices, and the sauce.

## Notes

You can leave out the dusting with flour if you want to avoid gluten.