

# Baked Chicken with Artichoke Topping

**Serving size:** 1 chicken breast + ¼ artichoke mixture; makes 4 servings

**Prep time:** 5 minutes

**Cook Time:** 35 minutes

**Total time:** 40 minutes

## Ingredients

- Nonstick cooking spray
- 2 tbsp. fresh lemon juice
- 4 chicken breasts (4-ounce boneless, skinless)
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1 tbsp. olive oil
- 1 clove garlic (minced)
- 1 15-ounce can artichoke hearts (drained and chopped)
- 1/3 cups chicken broth (reduced-sodium, fat-free)
- 3 tbsp. Parmesan cheese (grated)



## Preparation

1. Preheat the oven to 350 degrees. Spray a baking sheet with cooking spray.
2. Place the chicken breasts in a plastic freezer bag or between plastic wrap. Use a mallet or rolling pin and pound the chicken breasts until is 1/2 inch thick.
3. Squeeze the lemon juice over the chicken breasts and season with the garlic powder and black pepper. Bake the chicken 25 minutes.
4. While the chicken is baking; warm the olive oil in a skillet over medium-high heat. Add the garlic and cook for 1 minute. Add the artichoke hearts and cook about 3 minutes. Add the chicken broth and simmer for 5 minutes. Stir in the parmesan cheese.
5. Remove the chicken from the oven. Spread the artichoke mixture evenly over the chicken breasts. Bake for 10 more minutes or until the chicken is done.

## Nutritional Information

### Per serving

Calories: 215

Total Fat: 7 g

Saturated Fat: 2 g

Cholesterol: 70 mg

Total Carbohydrate: 9 g

Dietary Fiber: 3 g

Sugar: 1 g

Protein: 28 g

Sodium: 340 mg

Potassium: 400 mg

Adjusted from: <https://www.diabetesfoodhub.org>