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Lemon Chicken With Artichokes

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Makes 4 servings

Adding lemon slices in addition to the juice imparts a deep flavor to this fresh, spring-like dish. I like to serve it over basmati rice or couscous. Or using bow-tie pasta makes a nice presentation. You decide.

2 tablespoons olive oil, divided

16 ounces chicken tenders, cut into ½-inch strips

Salt and pepper to taste

½ red bell pepper, finely chopped

½ cup finely chopped shallots ([see Tip](#))

1 tablespoon finely chopped fresh thyme

8 (½-inch) lemon slices

1 (14-ounce) can artichoke hearts packed in water, drained

2 tablespoons fresh lemon juice

Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the chicken; cook, stirring occasionally, for 5 minutes or until lightly browned and thoroughly cooked. Transfer to a plate, sprinkle with salt and pepper, and cover to keep warm.

Heat the remaining 1 tablespoon oil in the skillet; add the bell pepper, shallots, and thyme. Cook, stirring occasionally, for 2 minutes. Add the lemon slices; cook, turning occasionally, for 1 minute or until darkened and tender.

When the bell pepper is tender, return the chicken to the pan. Stir in the artichoke hearts and lemon juice. Stir gently for 30 seconds or until warm.



Paulette Mitchell, a culinary instructor, television personality, spokesperson, freelance food writer, and the award-winning author of 13 cookbooks, is known internationally for her quick-to-prepare recipes with gourmet flair. Paulette's most recently published cookbook is "The Complete 15-Minute Gourmet: Creative Cuisine Made Fast and Fresh." She is also the author of "A Beautiful Bowl of Soup" and "The Spirited Vegetarian," which was voted "Best Book in the World on Cooking with Wine" at the 2005 Gourmand World Media Awards. Paulette says that international travel is her favorite source of culinary inspiration.