
Greek Chicken



Servings: 4

EWE2019

4 each chicken breast, pounded
1/2 cup flour
1/4 cup oil
1 cup green olives, chopped
1 can artichoke hearts
1 cup bell pepper, Julianne colored ones for looks
salt and pepper
granulated garlic

Flatten chicken breast

Dust Chicken with seasoned flour, or you may also use a breading station of Flour, Eggwash, Flour to coat the chicken.

Saute Chicken in skillet coated with oil

Remove chicken when completely cooked on both sides and golden brown, set aside and keep warm

To the hot skillet add the peppers and saute slightly

Add the olives (juice too) and the artichokes (if too large cut into quarters)

Add chicken back to sauce and get hot again

Remove and serve with sauce on top of chicken.

Per Serving (excluding unknown items): 736 Calories; 44g Fat (54.8% calories from fat); 63g Protein; 19g Carbohydrate; 3g Dietary Fiber; 186mg Cholesterol; 499mg Sodium. Exchanges: 1 Grain(Starch); 8 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat.