

# Lemon Artichoke Chicken

6 tablespoons all-purpose flour, divided  
1 teaspoon freshly ground black pepper,  
plus more to taste, divided  
4 (4-6 ounce) skinless, boneless chicken breast halves,  
cut into 1-inch strips  
½ cup butter, unsalted, divided  
½ cup green onions, chopped  
2 cups chicken stock (preferably homemade)  
½ cup dry white wine  
¼ cup lemon juice, freshly squeezed  
1 cup artichoke hearts, quartered  
Kosher salt to taste

¼ cup capers, for garnish  
¼ cup chopped fresh parsley, for garnish

In a shallow dish, combine 4 tablespoons flour and 1 teaspoon pepper.  
Dredge chicken strips in flour mixture and set aside.

In a large skillet melt ¼ cup butter. Add onions and sauté for about 2 minutes or until softened. Add chicken to pan and sauté 3 to 4 minutes on each side or until lightly golden. Remove chicken and keep warm.

In the same skillet, add stock and wine, scraping bits off bottom. Bring to a boil and cook for about 5 minutes or until reduced by about half.

In a small bowl, combine remaining ¼ cup butter and 2 tablespoons flour. Whisk into sauce and stir until thickened. Stir in juice and artichokes. Season with salt and pepper. Add chicken and cook for about 5 minutes or until heated through.

To serve, fan chicken strips onto plate. Sprinkle with capers and parsley, for garnish. Makes 4 servings



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