



ANTIPASTO SMOTHERED CHICKEN

 20 minutes

 4 portions

INGREDIENTS

- 2 tablespoons olive oil, divided
- ⅓ cup chopped marinated artichoke hearts
- ⅓ cup chopped salami
- ¼ cup chopped pepperoncini-(banana peppers)
- 2 tbsps of vinegar, red wine [30 g]
- 1 tablespoon chopped fresh oregano, plus more for garnish
- 1 pound chicken cutlets
- 1/2 tsp, ground of spices, pepper, black [1 g]
- 2 ounces fresh mozzarella cheese, thinly sliced

COOKING METHOD

- 1° Step 1 Preheat broiler to high.
- 2° Step 2 Mix 1 tablespoon oil, artichoke hearts, salami, pepperoncini, vinegar and oregano in a medium bowl.
- 3° Step 3 Heat the remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Sprinkle chicken with pepper and add to the pan. Cook until starting to brown, about 3 minutes. Turn the chicken over and top each piece with the artichoke mixture and cheese. Transfer the pan to the oven and broil the chicken until the cheese is browned and an instant-read thermometer inserted in the thickest part of the chicken registers 165 degrees F, 3 to 4 minutes more. Serve the chicken with any pan drippings and oregano, if desired.
- 4° serving size: 3 ounces chicken + .25 topping

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (184 g)	% DRI
ENERGY	165 kcal	303 kcal	15 %
FAT	9 g	17 g	26 %
FATTY ACIDS, TOTAL SATURATED	3 g	5 g	25 %
CHOLESTEROL	58 mg	106 mg	35 %
SODIUM	245 mg	450 mg	19 %
CARBOHYDRATE	2 g	4 g	1 %
SUGARS	0 g	0 g	—
FIBER	1 g	2 g	7 %
PROTEIN	18 g	33 g	—