



## Grilled Chicken with Peppers and Artichokes



This elegant chicken dish with artichoke hearts, bell peppers and green onion is surprisingly easy to prepare.

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| 1 jar (6 ounces) marinated artichoke hearts                               | 1   |
| 1/3 cup dry white wine or Progresso® chicken broth (from 32-ounce carton) | 1/3 |
| 4 boneless skinless chicken breast halves (1 pound)                       | 4   |
| 2 medium bell peppers, cut lengthwise into fourths                        | 2   |
| 4 medium green onions, sliced (1/4 cup)                                   | 4   |
| 1/4 teaspoon pepper   | 1/4 |

1. Drain marinade from artichoke hearts; cover and refrigerate artichokes. Mix marinade and wine in shallow glass or plastic dish. Add chicken and bell pepper, turning to coat with marinade. Cover and refrigerate, turning occasionally, at least 30 minutes but no longer than 24 hours.
2. Heat coals or gas grill for direct heat.
3. Remove chicken and peppers from marinade; reserve marinade. Cover and grill chicken 4 to 6 inches from medium heat 5 minutes. Turn chicken; add peppers to grill. Cover and grill 10 to 15 minutes longer or until peppers are tender and juice of chicken is no longer pink when centers of thickest pieces are cut.
4. Strain marinade. Heat marinade, artichoke hearts, onions and pepper to boiling; boil and stir 1 minute. Serve artichoke sauce with chicken and peppers.

Makes 4 servings

### Nutrition Information:

1 Serving (1 Serving) Calories 190 (Calories from Fat 45 ), Total Fat 5 g (Saturated Fat 1 g, Cholesterol 75 mg, Sodium 200 mg, Total Carbohydrate 10 g (Dietary Fiber 3 g, Protein 29 g, Percent Daily Value\*: Calcium ;Exchanges: 2 Vegetable; 4 Very Lean Meat;\*Percent Daily Values are based on a 2,000 calorie diet.