



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

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Recipe 159



Creamy Artichoke Pasta with Grilled Chicken

Cook's Note: This dish incorporates artichokes with the best of the season's bell peppers and grilled chicken into a creamy, lemony parmesan sauce. It's a wonderful balance of quality ingredients and complementary flavors that is especially well suited for a warm early autumn evening.

Bon Appétit
-George

(photo by Marc-Henri)

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Creamy Artichoke Pasta with Grilled Chicken

PREPARATION

- 1 - Slightly flatten chicken breasts with a kitchen mallet. Season with salt and pepper.
- 2 - Heat a skillet over high heat. When pan is hot, add 1 tablespoon oil. When oil is hot, add chicken breasts to pan and cook until golden brown on both sides and cooked through. Remove chicken from pan and cut into slices.
- 3 - Add remaining tablespoon of olive oil to pan. Add onions and cook until softened.
- 4 - Next, add red bell pepper and cook until almost softened.
- 5 - Add garlic and stir, cooking for about 1 additional minute.
- 6 - Deglaze pan with broth, scraping bottom to release any bits sticking to the bottom of the pan.
- 7 - Add cream and bring to a simmer. Allow to simmer for about 2 minutes. Turn off heat.
- 8 - Slowly add parmesan while whisking and whisk until melted and incorporated into sauce.
- 9 - Gently stir in chopped artichoke hearts and parsley.
- 10 - Add lemon juice, salt and pepper to taste.
- 11 - Toss sauce with sliced chicken and hot buttered pasta. Serve immediately.

INGREDIENTS

- 1 lb box of penne or other pasta cooked until al dente, then drained and tossed with 1 tablespoon olive oil
- 2 tablespoons olive oil
- 1 pound chicken breasts
- 1 small onion diced
- 1 red bell pepper diced
- 4 cloves garlic, finely minced
- 3/4 cup chicken broth
- 1 1/2 cup cream or half and half
- 3/4 cup finely grated parmesan cheese
- 2 cups marinated artichoke hearts, drained and chopped
- 1 cup chopped fresh parsley
- 1 tablespoon lemon juice
- Salt and pepper to taste

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