



GEORGE  
CHIALA'S  
RECIPE  
OF  
THE MONTH  
COLLECTION

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Recipe 83

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## Honey Lime Chicken with Pan-Roasted Artichokes and Rainbow Carrots.

### PREPARATION

For chicken:

- 1 - Preheat your grill to a medium heat.
- 2 - Pat the chicken breasts dry and sprinkle the salt, pepper, garlic powder, onion powder and cumin evenly over both sides of the chicken breasts.
- 3 - In a small bowl, combine the lime zest, lime juice, honey and chili powder.
- 4 - Place on the grill and cook for about 5 minutes then flip and cook the other side for another 5 to 6 minutes.
- 5 - Brush both sides of the chicken breast with the honey mixture and continue cooking until the chicken reaches an internal temperature of 160 degrees F.

For artichokes:

- 1 - Peel off and discard a few outer petals of the artichokes until you reach the pale, tender center. Trim the top and stem end, then quarter each artichoke. Put the artichokes in a bowl of cold water to which the lemon juice has been added.
- 2 - In a wide, heavy skillet, heat a 1/2 inch of olive oil over medium heat. Drain and blot the artichokes and, when the oil is nearly smoking, carefully add them to the skillet. Season well with salt and pepper, stirring to coat with oil. Let the artichokes brown slightly, stirring occasionally, for 5 to 7 minutes, until they are tender.
- 3 - Add the red pepper, garlic and parsley. Stir well and let sizzle for a minute. Transfer the artichokes to a platter, sprinkle with sea salt and serve.

For rainbow carrots:

- 1 - Toss rainbow carrots, olive oil and sea salt on a baking sheet; arrange in a single layer. Roast at 450 degrees F, turning once, until tender and slightly browned (about 15 minutes). Sprinkle with more sea salt (optional) and chopped chives and serve.



### INGREDIENTS

For chicken:

- 4 boneless, skinless chicken breasts
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1 teaspoon lime zest
- juice of 1 lime
- 1/4 cup honey
- 2 teaspoons chili powder

For artichokes:

- 24 baby artichokes (about 3 pounds)
- juice of 1 lemon
- extra virgin Olive oil
- sea salt
- pepper
- red pepper flakes
- 4 garlic cloves, chopped finely
- 3 tablespoons chopped flat-leaf parsley

For rainbow carrots:

- 3 bunches rainbow carrots
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon sea salt
- 1 tablespoon chopped chives

### COOK'S NOTE:

Sharing the best of what the season has to offer, this colorful combination of pan-roasted artichokes and vibrant rainbow carrots pairs wonderfully alongside the sweet and tangy notes of a savory, comforting honey lime chicken.

Bon Appetit!  
-George