

# EASY CHICKEN BREASTS WITH TOMATOES AND ARTICHOKE HEARTS

Serves 6 to 10

By Dennis W. Viau; modified from a contributed recipe.

This dinner is an easy one-skillet wonder. No fancy ingredients and no complicated procedures. You will need a separate saucepan in which to cook the rice, but everything is done on top of the stove in a large skillet. No need for a hot oven on a warm summer day.



## Ingredients:

3 cups jasmine rice (or whichever type of rice you prefer)  
½ cup (118ml) olive oil (or other oil) for frying  
6 boneless, skinless chicken breasts, about 10 ounces (280g) each  
1 14-ounce (397g) can artichoke hearts; quartered, do not drain  
10 ounces (280g) fresh tomatoes; chopped (canned is okay)  
½ cup Italian salad dressing, preferably homemade\*  
Optional: 1 teaspoon Dijon mustard  
¼ cup pesto, preferably homemade\*

## Directions:

Heat 6 cups of water in a large saucepan and bring to a boil. Add the rice, about 2 tablespoons of butter, and stir with a fork. Return to a boil, cover the pan, and reduce the heat to low. Cook covered for 16 minutes. When cooked, leave covered and set aside until needed. While the rice is cooking, prepare the chicken and sauce.

Heat the oil in a large skillet and carefully place the chicken breasts, a few at a time, in the hot oil. Do not crowd the pan. Fry 3 to 4 minutes on each side until golden brown. Remove to a plate and set aside. Let the oil cool and then discard. Do not clean the skillet, as any brown bits (the fond) in the bottom will add flavor to the sauce.

Place the artichoke hearts with the liquid in the skillet. Add the chopped tomatoes and the salad dressing. Bring to a boil, reduce heat to medium-low, and simmer until reduced to about one half the liquid volume. Place the browned chicken breasts on top of the sauce mixture, cover the pan, and simmer for 10 minutes. Check the internal temperature of the chicken breasts. They should come up to at least 160°F (71°C). Remove the skillet from the heat and allow to rest for about 10 minutes.

Remove the chicken breasts from the skillet and set aside. Add the pesto and, if desired, the Dijon mustard to the skillet and blend into the sauce.

Fluff the cooked rice with a fork and spread on a large serving platter, enough to cover. Spoon most of the sauce mixture over the rice and then top with the cooked chicken breasts. Spoon the remaining sauce over the chicken. Serve immediately with the remaining rice in a warm serving bowl.

The **Step By Step** guide begins on the following page.

\*See my recipes for Salad Dressing and Pesto on this web site.

## STEP-BY-STEP

1



The ingredients for this recipe are fairly simple. I make my own pesto and salad dressing, but you can certainly buy them if you prefer. I like Roma tomatoes, but any garden-ripe variety of tomato will suffice. Canned tomatoes will be okay. The boneless, skinless chicken breasts (at right above) were bought at the local warehouse store.

2



Start the rice cooking in a large saucepan, according to package directions. Typically for 3 cups of dry rice you would use 6 cups of water. Bring to a boil. Add a couple tablespoons of butter and then the rice. Stir with a fork and cover. Return to a boil, reduce the heat to low, and cook 16 minutes. Remove from the heat, fluff with a fork, and leave covered until needed.

Heat the oil in a large skillet. Brown the chicken breasts, a few at a time (whatever will fit in your skillet without crowding the pan) a few minutes on each side until golden. Remove the chicken from the skillet, cover, and set aside. Let the oil cool and then discard.

**3**

Place the chopped tomatoes, the artichokes with the liquid that came in the can, and the salad dressing in the skillet. Bring to a boil, reduce the heat to medium-low, and simmer until the liquid is reduced by about one half the volume.

**4**

Arrange the browned chicken breasts on top of the sauce mixture and cover the pan. Cook over medium-low heat about 10 to 15 minutes. Check with a digital thermometer. The internal temperature of the chicken should come up to at least 160°F (71°C). Remove from the heat, keep covered, and let rest 10 minutes.

5



Remove the chicken breasts and set aside. Add the pesto with the optional Dijon mustard, if desired, to the sauce mixture and stir to blend.

6



Spoon plenty of cooked rice onto a serving platter. Pour most of the sauce mixture over the rice. Top with the six chicken breasts and then garnish with the remaining sauce. Place the remaining rice in a warm serving bowl. This feast is ready to serve. Extra pesto can be used as garnish at the table.

## Conclusion

This is a relatively easy dinner to make, perfect for a warm summer day when you don't want to use the oven. It is simple enough to serve the family, and fancy enough for a special occasion.