

Chicken With Sugar Snap Peas & Artichokes

Ingredients:

1 cup reduced-sodium chicken broth

1 teaspoon Dijon mustard

1/2 teaspoon salt

Freshly ground pepper to taste

2 teaspoons plus 1 tablespoon flour

1 pound thin-sliced chicken breast cutlets

1 tablespoon extra-virgin olive oil

8 ounces sugar snap peas

1 14-ounce can quartered artichoke hearts, rinsed

1/4 cup sprouted beans

3 tablespoons minced fresh herbs, such as chives, tarragon or dill

2 teaspoons champagne vinegar, or white-wine vinegar

Preparation 1. Whisk broth, mustard, salt, pepper and 2 teaspoons flour in a small bowl until smooth. 2. Sprinkle both sides of the chicken with the remaining 1 tablespoon flour. Heat oil in a large nonstick skillet over medium-high heat. Cook the chicken in two batches, adjusting heat as necessary to prevent burning, until golden, about 2 minutes per side. Transfer the chicken to a plate; tent with foil to keep warm. 3. Stir the broth mixture and add to the pan along with snap peas, artichoke hearts and sprouted beans (if using). Bring to a simmer, stirring constantly. Reduce heat to maintain a gentle simmer and cook until the snap peas are tender-crisp, 3 to 5 minutes. 4. Return the chicken to the pan, nestling it into the vegetables, and simmer until heated through, 1 to 2 minutes. Remove from heat; stir in herbs and vinegar.

4 servings @ 5 points, 6 points plus

